Ottawa metro

Your essential daily news | THURSDAY, NOVEMBER 17, 2016

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TRUDEAUS IN CUBA

Sophie brings message of gender equality — and leaves the kids at home

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EDUARDO LIMA/METRO

It's not hard to hire women

Pamela Jeffery, who recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search

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We need more #WomenOnBoards A Metro special focus

TRADE WITH THE U.S.

'THEY NEED US NEARLY AS MUCH AS WE NEED THEM'

Ontario minister moves to allay Trump fears

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YOUR FACE

THE VERY STUPID TREND THAT STARTED ON INSTAGRAM

This Pretty Iconic author weighs in

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Ontario PCs smell blood

OTTAWA-VANIER

Liberal stronghold challenged in byelection

Ontario's Progressive Conservatives hope to make history today in two byelections, with a teenage candidate in Niagara and a former ombudsman turning up the heat on the Liberals in an Ottawa stronghold.

The Tories are expected to hold Niagara West-Glanbrook even with an upstart 19-year-old candidate stirring up controversy by taking social conservative stances that run contrary to PC leader Patrick Brown's attempts at modernizing the party. But the Tories are also taking a hard run at Ottawa-Vanier, which has elected only Liberals since 1971.

Brown suggested it's unlikely the Tories will win, but if they come within 10 points of the Liberals it will be "historic."

"If this is competitive it shows that the Liberals are in disarray across the province and they don't have the confidence of the public," he said.

Former ombudsman Andre Marin is running under the PC banner there and is trying to capitalize on anger over rising electricity rates and the declining popularity of Premier Kathleen Wynne.

When he mentions Wynne's name while campaigning, people "bristle," Marin said. "They have a physical reaction."

The Liberal candidate, civil liberties lawyer Nathalie Des Rosiers, acknowledged that hydro prices are a hurdle for her in the campaign.

"It's normal at mid-mandate that one issue becomes a catalyst for disappointment on a variety of points of view, so in a byelection that usually is the case — there's one issue that becomes the symbol of discontent," she said.

The Liberal government announced an eight-per-cent rebate on electricity bills will come into effect Jan. 1, but it remains to be seen whether it is enough to satisfy the 94 per cent of Ontarians that government-commissioned polling shows are eager for hydro price relief.

But Marin comes with baggage of his own. He was seen in his roles as ombudsman and director of the Special Investigations Unit as critical of police. The Police Association of Ontario expressed "profound disappointment" at Marin's nomination and Brown sought to undo any damage when he spoke to their conference Tuesday.

The NDP candidate in Ottawa-Vanier is Claude Bisson, brother of the party's house leader in the legislature, Gilles Bisson.

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metro NEWS
Your essential daily news
Thursday, November 17, 2016

Shining a light on LGBTQ issues

Ryan Tumilty
Metro | Ottawa

Edmonton Centre MP Randy Boissonnault was appointed Tuesday to be the prime minister's special advisor on LGBTQ issues. Metro talked to him about what the position will mean.

What can you tell us about this role?

As a member of the LGBTQ2 community, it's an honour to serve the community in this capacity.

The role really has three components. One is the ability to co-ordinate initiatives across government — we are talking about a number of different ministries, National Defence, Public Security, Justice and Health, just to name a few.

That co-ordination role is going to be important, and one of the things that is important to know is that the ministers and their staff have already been working behind the scenes on issues that matter to the LGBT community.

What we are going to be doing as the next part of the role is also serving as a focal point, so that when there are issues that come into government, I can account for those issues and address them.

And then the third component is shining a light on important issues and also being a spokesperson for the government.

Is there a top priority right now?

The top priority is to really listen to the LGBT community, and the EGALE report in June is an important document in terms of setting the stage for a good chunk of the work that needs to be done.

It is going to be important for our government to listen respectfully, so that what our responses are actions are that they are done in a way that will be broadly accepted by members of the community.

The government announced that is going to be looking at changes to the Criminal Code that criminalize anal sex in some circumstances. How quickly do you think those changes will happen?

The changes are very important, it was the number one legislative change that was outlined in the EGALE (an LGBTQ2 advocacy group) report.

It is something that the LGBTQ2 report has been advocating for, for decades. It's important that we repeal a section of the law that is discriminatory against LGBTQ youth.

In 2015 alone, there were 45 cases using this antiquated and anachronistic law. Three courts have already declared this section of the law unconstitutional.

"The top priority is to really listen to the LGBT community, and the EGALE report in June is an important document in terms of setting the stage for a good chunk of the work that needs to be done.
Randy Boissonnault

ADRIAN WYLD /THE CANADIAN PRESS

#WomenOnBoards

A Metro special focus

Gender parity is just good business, corporations say

DIVERSITY

Female board members aren't so difficult to find: Expert

Ryan Tumilty
Metro | Ottawa

Private corporations that have achieved gender diversity say the change isn't just good for society, it's good for business.

Pamela Jeffery, founder of the Pamela Jeffery Group, which recruits women for seats on private sector boards, said companies find a whole new perspective they have been missing when they broaden their search.

"They are not part of the traditional network, so they are probably coming onto a board and don't know the others at the table," she said. "They come in and they ask the tough questions."

As Metro has reported this week, Canada's Crown corporations, whose board of directors are appointed by the federal cabinet, reveal that about 34 per cent of those seats are now occupied by women.

Jeffery said that's actually a much better representation than is typical on private sector boards. She points to a survey last year from the Canadian Board Diversity Council that showed about 19.5 per cent of the seats on the boards of the FP 500 are held by women.

"That is a very strong showing and I think it's one that is very important," she said. "The private sector is looking to government to take a leadership role."

Jeffery said there is a wide array of women able to serve on boards when companies decide to make a deliberate effort to diversify.

"It's not a question of supply — it is a question of demand," she said. "There are many women who have the skills, the experience, the credentials to serve on boards who are not currently serving on boards."

Gail St. Germain, head of human resources and an executive vice-president with HSBC Canada, said the company believes its gender-neutral board is a tremendous asset.

"We know that diversity in business makes good business," she said. "It's important to represent the communities in which we serve."

The company's current president and CEO, Sandra Stuart, was a board member in 2010. St. Germain said at that time the board was 20 per cent women, but it has changed dramatically over the years.

St. Germain said diverse board members bring different ideas to the table and that helps expand the conversation.

"The diversity of thought and the depth of conversation really takes an outcome to a much more positive and balanced approach," she said.

Jeffery said an organization that wants to make change, including a Crown corporation, has to be willing to look further afield for board members.

She said simply asking for recommendations from the existing board won't work. "Most board members are male and since most of those board members do not have strong networks that include women it self perpetuates."

ABOUT THIS SERIES

THIS WEEK Metro looked at the Crown corporations that the federal government oversees, which **our analysis shows are overwhelmingly male.**

Many of these Crown corporations have huge influence on the lives of Canadians, from the interest rates they pay banks, to mail delivery to airport security.

WHAT YOU CAN DO

The federal cabinet appoints new directors to Crown corporation boards when positions open up. You can advocate for more diversity by contacting your MP and with the hashtag **#WomenOnBoards.**

Pamela Jeffery, who specializes in finding qualified women for seats on private sector boards, says there are many women who have the skills, experience and credentials necessary to serve at the top levels of corporations. EDUARDO LIMA/METRO

CANDIDATES

List has 50 'ready to go'

If private boards or Crown corporations are looking to diversify their ranks, there are 50 highly qualified candidates to which they could look, according to a new report.

The Canadian Board Diversity Council released its Diversity 50 list Thursday, which aims to identify 50 qualified professionals that could be added to corporate boards.

Sherri Stevens, the council's owner and CEO, said it's a way to show corporations that the people they need are out there and ready to go. She said when the group first started talking about the problem they found people needed help looking further afield to find good directors. "The key issue they kept coming back to was that Canada needed a way of finding potential new directors who weren't in the existing directors' personal and professional networks," she said in an email.

The committee that has been developing the list annually since 2011 looks for people with previous board work and international experience.

Stevens said this year they got an overwhelming response from applicants interested in being on the list.

"Our vision is to expand the awareness of Canada's talent pool, ensuring companies get the most-qualified directors that will make them more globally competitive. The boardrooms in Canada should look like Canada," she said. "Research shows that organizations with diverse leadership teams outperform those without, so working toward such a goal isn't just the 'right' thing to do — it's the smart thing, too."

RYAN TUMILTY/METRO OTTAWA

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Xylouris White bring their unique art music to the Black Sheep Inn on Nov. 24. CONTRIBUTED

Geniuses craft a sonic tune

BACKSTAGE PASS

Xylouris White, Esmerine take Black Sheep's stage Nov. 24

Trevor Greenway
For Metro | Ottawa

When George Xylouris and Jim White have a conversation on stage, they're speaking an entirely new language.

They aren't speaking in Xylouris' native Cretan tongue, nor are they conversing through the Australian throat of White's Aussie background. The pair of sonic geniuses have a dialect onstage that is exclusively intricate and predictable, but inclusively understandable. It's often said that music is a universal language, and while everyone can understand it, only few can speak it.

White and Xylouris are among those few.

"With Jim, playing together happens in a very natural way," says Xylouris, who is considered musical royalty in his homeland of Crete in the Greek islands.

"We play off each other. The music is alive and is always different the next time we play it."

The pair of sonic sultans truly see the stage like no one else. They don't view it as just a platform to pass off their ideas, nor a performance space for audiences to get off on. For them, the stage is absolutely a canvas, and they come armed with every colour on the palette to splash around with. You may have seen Xylouris White play a week ago, but go to their next show and you'll have a completely new experience — one that reflects the vibe, locale and audience they are playing to. Nothing is set in stone when they get on stage, and the same will be the case when they take over the Black Sheep Inn Nov. 24 with Esmerine.

> As soon as we start playing, we can see all of the things that are possible. Jim White

"As soon as we start playing, we can see all of the things that are possible," adds White. "We just try to find our way forward. It's really fun, it's so natural and it's fresh."

Bringing music to life is what White was born to do. Ask fabled artists like Cat Power, Nick Cave or PJ Harvey why marching to the beat of White's drum is always a different step. White has a way with the sticks that will make any music guru learn even more about the art of percussion. After forming Australian instrumental rock band Dirty Three in the 1980s, White has gone on to be one of the most sought-after collaborators in the biz, not only for his apathy for direct structure, but also for his soft-but-pointed and precise touch on the skins — a balance often difficult to find for many drummers.

And although Xylouris White is just a lute player and a drummer, don't be fooled. They make as much noise as any nine- or 10-piece band — and they do it perfectly while touching on sounds from India, Eastern Europe, Africa, Middle Eastern, Western, and the Mediterranean… you get the picture. You'll hear punk, jazz, klezmer and stuff you never knew existed, all tightly wrapped in a seamless jam that's impossible to unravel.

Just ask former Godspeed You! Black Emperor and current Esmerine percussionist Bruce Cawdron, who played one festival show with Xylouris White this summer and couldn't let the band get away.

"It's just the two of them, so, when they are playing, you really get to hear the quality of their musicianship, you will really get to hear the masters that they are," says Cawdron, who will be headlining the Nov. 24 show with Esmerine.

"Anybody who comes to see them, it's going to be like a privilege. It's almost like a secret show."

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Esmerine, Xylouris White, and Marisa Anderson are at the Sheep in Wakefield Nov. 24.

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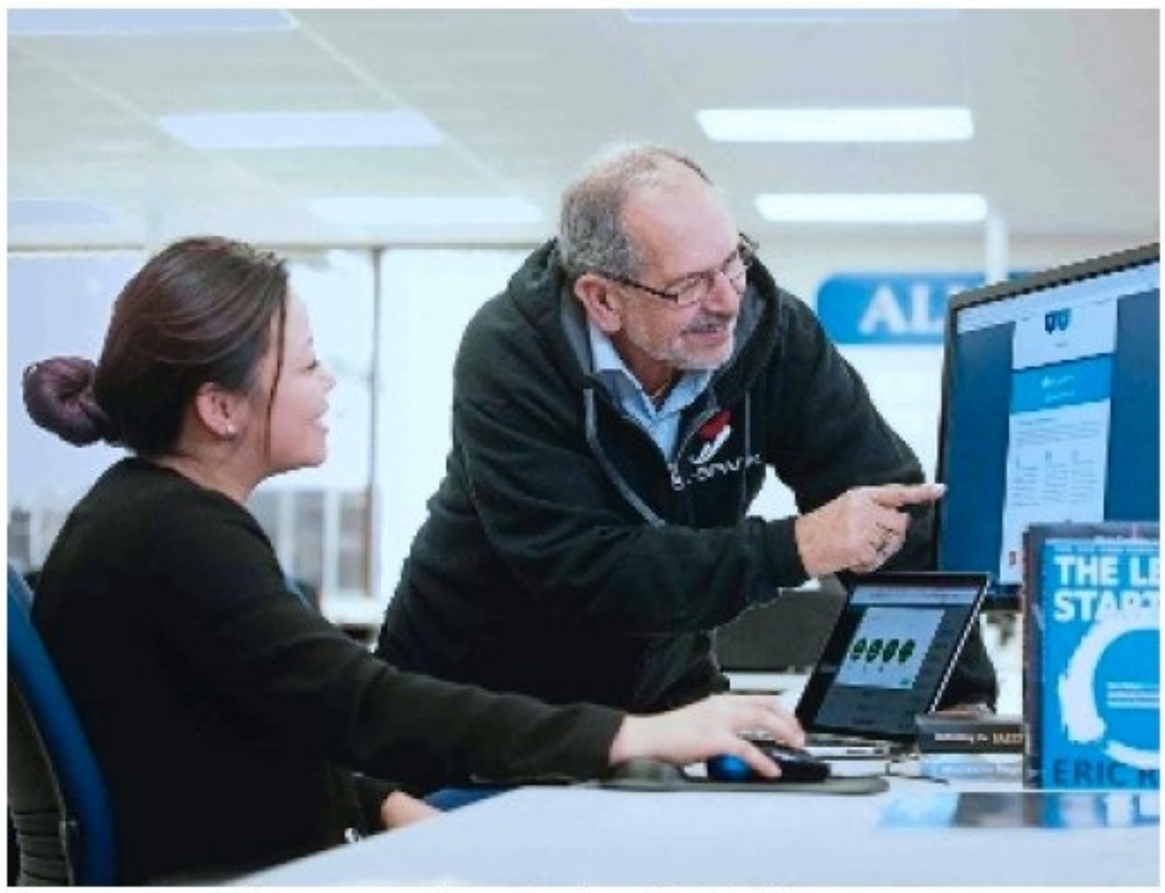
Tech mentor urges feds to reduce risks for venture capital investors



Director Leo Lax with Jane Wang of new L-Spark member Optimity.
COURTESY MARK HOLLERON/OTTAWA BUSINESS JOURNAL

BUSINESS

Many trained in Canada lured away by larger markets

David Sali
Ottawa Business Journal

A veteran entrepreneur and mentor to a host of successful startups, Leo Lax has no doubt that Canadian tech enterprises can thrive head-to-head against competitors from around the world.

But the executive managing director of Kanata's L-Spark accelerator says in order for that to happen on a more consistent basis, young companies north of the border need a little help from their friends on Parliament Hill.

Fledgling Canadian tech firms are too often hamstrung in their quest to become global enterprises by a lack of capital in what's traditionally been a very risk-averse investment climate in this country, Lax says. If more small companies are to scale up into Shopify territory, the federal government will need to offer some sort of incentive for investors to take a leap of faith on promising ventures, he adds.

Some of the brightest entrepreneurial minds in the high-tech world were trained here in Canada, he argues. But many of them wind up occupying C-suites in Asia, California or Europe, lured away by better opportunities in larger markets.

"I know that here in Canada we have the chops to actually make it happen," Lax says.

"What we need is more (companies like Shopify). Some of it has to do with the confidence to actually attack the market aggressively — take the risks associated with that level of aggression. And some of it … is the (lack of) capital. If we were confident enough to know that here in Canada we had available to us organically the capital to scale our companies to be $500 million in revenue … I think we would start to feel more confident and say, 'Let's do it ourselves.'

"Today, very few companies get to that level of capability. Our companies get to a certain level and they have to go and look for growth capital elsewhere outside Canada. That puts them at a little bit of a disadvantage, and maybe that causes some tempering of confidence or arrogance, or both."

The money is here to fund those who dare to build market-leading companies in Canada, he maintains, "but we need the people who own this money, who run these funds … to be able to take that risk of funding Canadian companies."

The federal Liberals appear keen to kickstart that type of growth with their much-touted $1-billion innovation agenda, Lax notes. Now, he says, it's time for the government to put its money where its mouth is.

"Innovation will require capital," he says. "The capital exists in Canada, but we need to allow our capital managers to feel comfortable taking the risk in investing in Canadian companies."

Today is Election Day in the electoral district of Ottawa-Vanier.

Polls are open from 9 AM to 9 PM.

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TRUMP

We need each other: Ontario minister says of U.S. trade

A senior Ontario cabinet minister says it's too soon to worry about Donald Trump's campaign rhetoric against NAFTA and other trade agreements.

Economic Development Minister Brad Duguid says the U.S. president-elect, who's promised to repeal or renegotiate the North American Free Trade Agreement, can't achieve his economic goals without "vibrant and fluent trade" with Ontario and Canada.

"I'm not at all convinced that the rhetoric we heard in the campaign will transfer into problems for Ontario or Canada," Duguid says in the text of a speech he is scheduled to deliver to the Canadian Club of Toronto on Wednesday.

"I'm not ignoring it either, just trying to keep it in perspective now that I've had the opportunity to emotionally remove myself from the result."

Duguid said Canada and the U.S. do $687 billion in trade each year, and half of that comes from Ontario alone.

"Make no mistake," said Duguid. "They need us nearly as much as we need them."

A lot of Canadians were "knocked a little off balance" by Trump's election win last week, but it's "important that we quickly regain our footing," said Duguid.

THE CANADIAN PRESS

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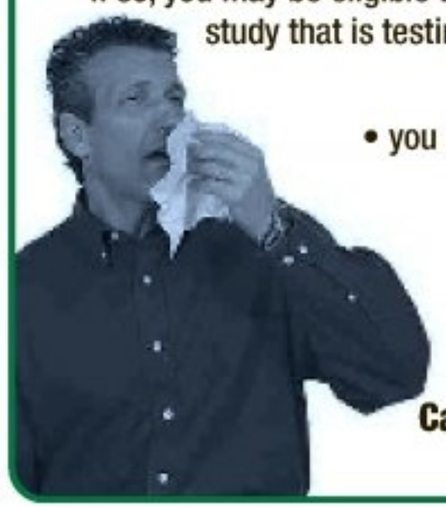

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Student organizers Sydney Schneider (left) and Debbie Owusu-Akyeeah (right) have set up a survey asking for feedback from campus on women's-only hours at the gym.
HALEY RITCHIE/METRO

HULL

Residents to debate grocery store fund

A city councillor in Hull is reaching out to see if the community wants to continue holding on to $300,000 to attract a grocery store or use the money for other projects.

"The $300,000 that has been reserved for the grocery project was done 10 years ago," said Coun. Denise Laferrière.

"What we're doing … is asking the people if they still want me to reserve the money for this special project, or do they want something else, another project to be done with that money," she said.

A public consultation was scheduled for Wednesday night.

Alternative projects being proposed for the funds include the restoration of the Fontaine Des Batisseurs, tree planting, upgrades to the community centre, a splash pad or a new soccer field.

Non-profit Gatineau ACORN is mobilizing residents to continue supporting the plan for a grocery store.

Marlon Amersi, a student who has lived in Hull for the past four years, said the lack of a grocery store is hard on residents, especially lower-income people without access to a car.

> **Having new signs or refurbishing the fountain is not as big a priority as having access to fresh produce.**
> Marlon Amersi

Amersi said many people shop at the Giant Tiger or a depanneur, but the selection is limited. The nearest grocery store is on Boulevard Saint-Joseph, a 45- to 60-minute walk.

"This has a negative impact on quality of life," said Amersi. "Having new signs or refurbishing the fountain is not as big a priority as having access to fresh produce." HALEY RITCHIE/METRO

Women fight for exclusive gym access

CARLETON UNIVERSITY

Specified hours allow female students to feel more secure

Haley Ritchie
Metro | Ottawa

Students at Carleton University have launched a campaign to reserve the fitness centre exclusively for women three to five hours per week.

Organizer and graduate student union president Debbie Owusu-Akyeeah said she was approached two years ago by students from the Muslim Student Association about the need.

"There's a big wave of support for this right now," said fellow organizer Sydney Schneider. "People are really talking about this and they really want it."

Schneider said the request isn't just from Muslim students.

The group has received over 800 responses to an online survey aimed at women and non-binary students. She said many have concerns about staring, unwelcome comments or intimidation, and feel uncomfortable at co-ed gyms.

Feedback to the campaign has not been universally positive.

A number of students who would be excluded from the hour have said it would be unfair to make them pay the same price for less gym access.

Owusu-Akyeeah notes that the school already has women-only pool usage, something that has not garnered complaints.

"I guarantee you in five years when we do have a women's-only hour, people are going to forget this was fought for. It'll be taken for granted and they'll use it," she said.

Jennifer Brenning, director of athletics, said she's looking forward to meeting with campaign organizers, but said reserving the busy gym for one group is hard because the school only has one fitness centre.

"We're very willing to sit down and talk about what solutions we have," she said.

The University of Ottawa offers a women-only hour twice a week in their Montpetit Fitness Centre from 7:30 p.m. to 8:30 p.m. but the university's second fitness centre has no restrictions.

SANTA CLAUS COMING TO TOWN

Annual parade announced, road closures planned

The 46th annual Santa Claus Parade will be disrupting traffic on Saturday, starting at 11 a.m. and lasting until 1:30 p.m.

The parade will march from the National Archives to Ottawa City Hall. Eastbound lanes on Wellington Street from Old Wellington Street and Bank Street will be closed to traffic, as will Bank Street from Wellington Street to Laurier Avenue and Laurier Avenue from Bank Street to Ottawa City Hall. Roads will reopen as the parade passes.
HALEY RITCHIE/METRO

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Grégoire-Trudeau pushes gender equality in Cuba

EMPOWERMENT

PM's wife says strong men need to teach boys to respect women

Prime Minister Justin Trudeau's mother Margaret charmed Cubans when she brought her infant son Michel there 40 years ago. It forged lasting family ties between Cuba and the Trudeau family.

A generation later, Trudeau's own wife followed Margaret's steps, but came without her kids, charmed with fluent Spanish and delivered a message of support for gender equality.

Sophie Grégoire-Trudeau said that in countries where the culture is one of "machismo," strong men need to stand up and teach boys to respect women.

She spoke to an audience of mostly women at San Geronimo University in old Havana, among them filmmakers, artists and small-business people, urging them to "speak up" and tell their stories.

Sophie Grégoire-Trudeau speaks at a panel discussion on gender equality at the University of San Geronimo in Havana on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

Though she speaks fluent Spanish, Grégoire-Trudeau switched to English, and spoke without notes as a translator tried to keep up.

"The hardest thing to change in a society is what is considered normal. Is it normal to work, to have babies, be in charge of the household, be caring for aging parents and family members or loved ones? Is it normal to have all those responsibilities on our shoulders? Is it normal to face the daily language of violence towards our bodies, our minds our hearts?" she asked.

"Our boys need to look up at older people around them, especially male figures, to be able to express their full potential and person but that is only possible if they are raised in a culture that celebrates men and women with the same equal rights freedoms and respects."

"In cultures where machismo is very present, we are reminded by amazing men" that many of them are wise, open and capable of loving and respecting women, she said.

"They should be encouraged at a very young age to develop these qualities and this will have an impact on society at large."

TORSTAR NEWS SERVICE

DIPLOMACY

PM attempts to calm fears of U.S. election

Prime Minister Justin Trudeau told a group of Cuban students today that he won't change Canada's stance on Cuba, even though his views are at odds with the man set to lead Canada's biggest trading partner.

When asked about the U.S. embargo on Cuba, the election of Donald Trump and concerns about the future of Canada-Cuba relations, Trudeau tried to calm students in his audience.

The front row also held an unexpected guest: Cuban President Raul Castro.

"For me, election results in the United States won't change the strong relationship that is a friendship and a partnership between Canada and Cuba," Trudeau said.

Trudeau said Canada doesn't see a contradiction or issue with being a steadfast and unflinching friend to Cuba and being an ally of the United States. He said the foreign affairs stance is one way Canadians reassure themselves "that we are our own country, that we make our own choices."

"We disagree with the approach the United States has taken with Cuba. We think that our approach is much better — of partnership, of collaboration, of engagement," he said.

THE CANADIAN PRESS

Justin Trudeau and Raul Castro shake hands after an event at the University of Havana on Wednesday. SEAN KILPATRICK/THE ASSOCIATED PRESS

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Palestinian aid restored

FUNDING

Liberals to give $25M to relief agency cut off by the Tories

Marie-Claude Bibeau
THE CANADIAN PRESS

The federal Liberals are providing $25 million to a UN relief agency for Palestinian refugees that was cut off by the previous Conservative government for alleged ties to Hamas.

International Development Minister Marie-Claude Bibeau made the announcement at a news conference and also during question period in the House of Commons — news that was greeted by cries of ``shame'' from the opposition benches.

The United Nations Relief and Works Agency for Palestine Refugees, also known as UNRWA, lost federal funding in 2010 amid allegations it was tied too closely to Hamas, considered a terrorist organization by Canada and others.

Bibeau says $20 million will go support education, health and social services for millions of vulnerable Palestinian refugees, as well as urgent humanitarian assistance.

An additional $5 million is being provided in response to the agency's appeal for help for those impacted by the crisis in Syria and its environs. THE CANADIAN PRESS

IRAQ

Canadian hospital to treat Daesh fighters

Canada's top soldier says a Canadian Forces hospital is now up and running in northern Iraq and ready to treat anyone who is brought to it — including Daesh fighters.

Canada promised the hospital in July in advance of the Iraqi military offensive to retake Iraq's second-largest city, Mosul, but it was still not in place when the attack began last month and Canada blamed the Iraqi government for the delay.

Chief of Defence Staff Gen. Jonathan Vance said this week that the medical facility, which includes three surgeons, started operations in the last few days and will provide medical support to anyone injured, including civilians and enemy combatants.

"We would never deny medical support to any casualty on a battlefield," Vance said.
THE CANADIAN PRESS

COMMERCE

Canada, Mexico talked future of trade

Canada and Mexico reached out to each other while preparing similar public messages last week about being willing to engage U.S. president-elect Donald Trump in discussing amendments to the North American Free Trade Agreement.

Sources say the two governments spoke by phone before Canada made its sudden announcement about NAFTA the day after the U.S. election — comments later followed by a similar statement from Mexico.

Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto also spoke later in the week, after representatives of their respective governments kept each other abreast of their intentions.

"I don't think anyone (in Mexico) was surprised (by our announcement)," one Canadian official said.

The day after Trump's election stunner, the Canadian government said it was ready to talk trade. U.S. ambassador David MacNaughton said every agreement can be improved, so Canada is ready to come to the table with ideas. He even suggested a possible change: adding softwood lumber to the agreement, so that the countries don't continue re-litigating the issue every few years.

Softwood is on the list of things Trump might want adjusted in NAFTA, according to a purported transition memo obtained by CNN.

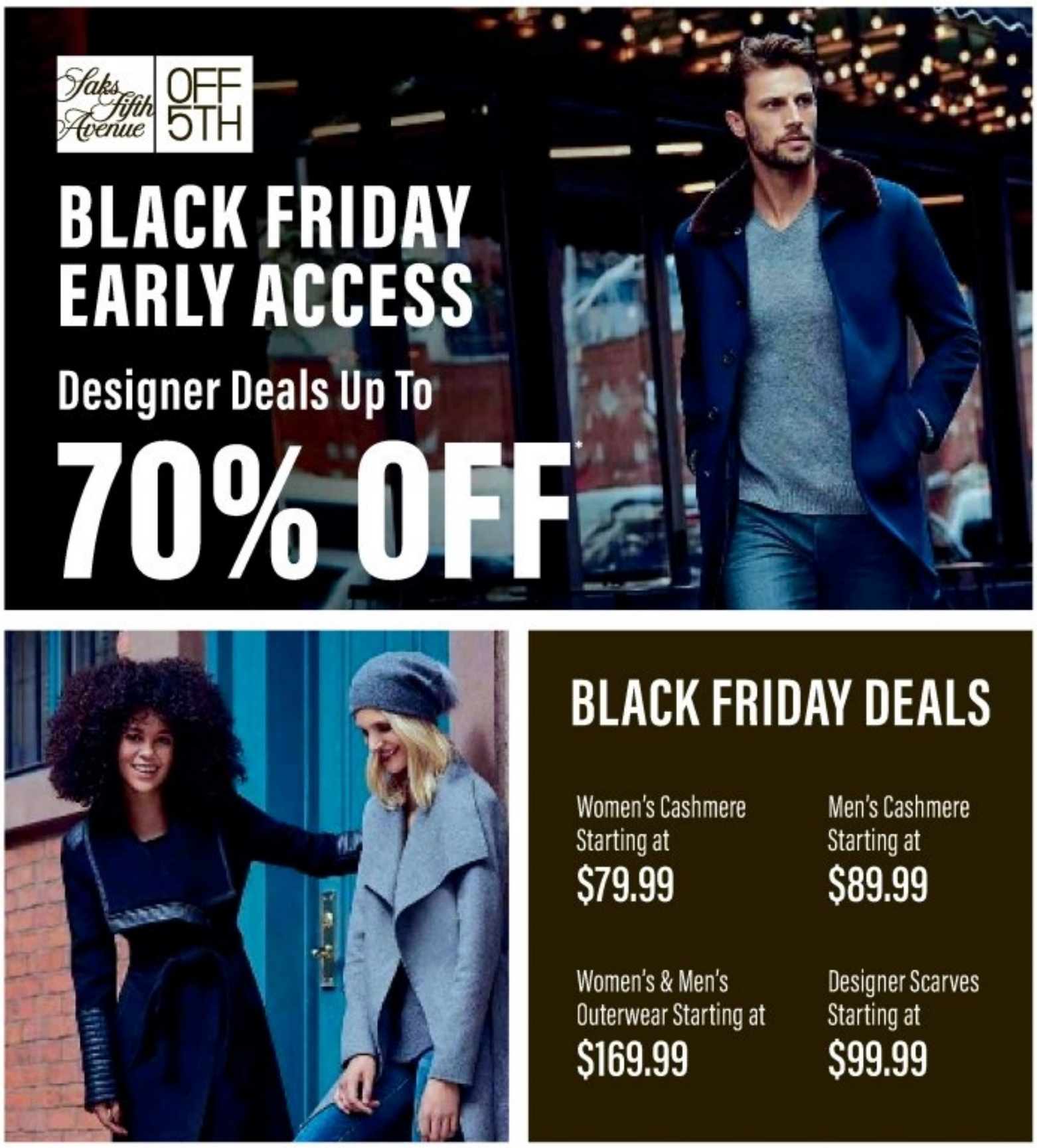
Other issues on the list include currency manipulation, country-of-origin labelling and environmental and safety standards, the memo reportedly says. It also says that on Day 1 of his presidency, according to CNN, Trump will inform Canada and Mexico of his intention to change NAFTA or have it cancelled.
THE CANADIAN PRESS

CANADA NEWS

Three people found dead of possible fentanyl overdose
Police in Winnipeg say three people who died of a drug overdose may be the latest victims of fentanyl. Police found the bodies of one man and two women inside a home Wednesday morning, along with a white powder, which police suspect may be fentanyl. THE CANADIAN PRESS

Qila the beluga whale dies
The first beluga whale born in captivity in Canada has died at the Vancouver Aquarium. The facility said 21-year-old Qila's sudden death Monday has left her mother Aurora adjusting to the change. "We will miss her immensely," the aquarium said in a statement.
THE CANADIAN PRESS

Suicide attack thwarted by Canadian forces in Iraq
Canadian troops destroyed three explosive-laden vehicles with missiles, senior military officials revealed Wednesday. Maj.-Gen. Mike Rouleau, commander of Canadian Special Forces Operations, said the suicide vehicles were charging Kurdish lines and could have caused "mayhem."
THE CANADIAN PRESS



Dozens dead as bombs pound Aleppo

SYRIA

Strikes part of an offensive on rebels Russia had announced

Bombs rained down on rebel-held eastern Aleppo for a second straight day Wednesday, pounding a district that houses several medical facilities, including the central blood bank, and forcing Syrian staff and patients in the only remaining pediatric hospital to cower in a basement as buildings collapsed around them.

At least 54 people were killed in airstrikes and artillery shelling across northern Syria, part of a long-anticipated offensive against rebel-held areas announced by Russia, a key ally of Syrian President Bashar Assad. The bombardment hit in besieged neighbourhoods of Aleppo, as well as the surrounding countryside and the nearby rebel-held province of Idlib.

Russia said its raids were only targeting Idlib and the central province of Homs to root out militants of the Islamic State group and Syria's al-Qaida affiliate. But Syrian warplanes were pounding rebel-held districts of Aleppo, home to nearly 275,000 people.

Residents said the aerial campaign intensified Wednesday. Syria's Civil Defence, known as the White Helmets, recorded at least 150 raids, more than double the number of attacks on Aleppo on Tuesday.

Resident Modar Shekho said warplanes hadn't left the skies over his neighbourhood since 9 a.m. "The helicopters would leave and the jets would arrive," he said by telephone, adding that the helicopters were dropping seven or eight "barrel bombs" at a time "causing a lot of destruction." THE ASSOCIATED PRESS

A child injured by airstrikes in Aleppo, Syria, on Wednesday.
THIQA NEWS/THE ASSOCIATED PRESS

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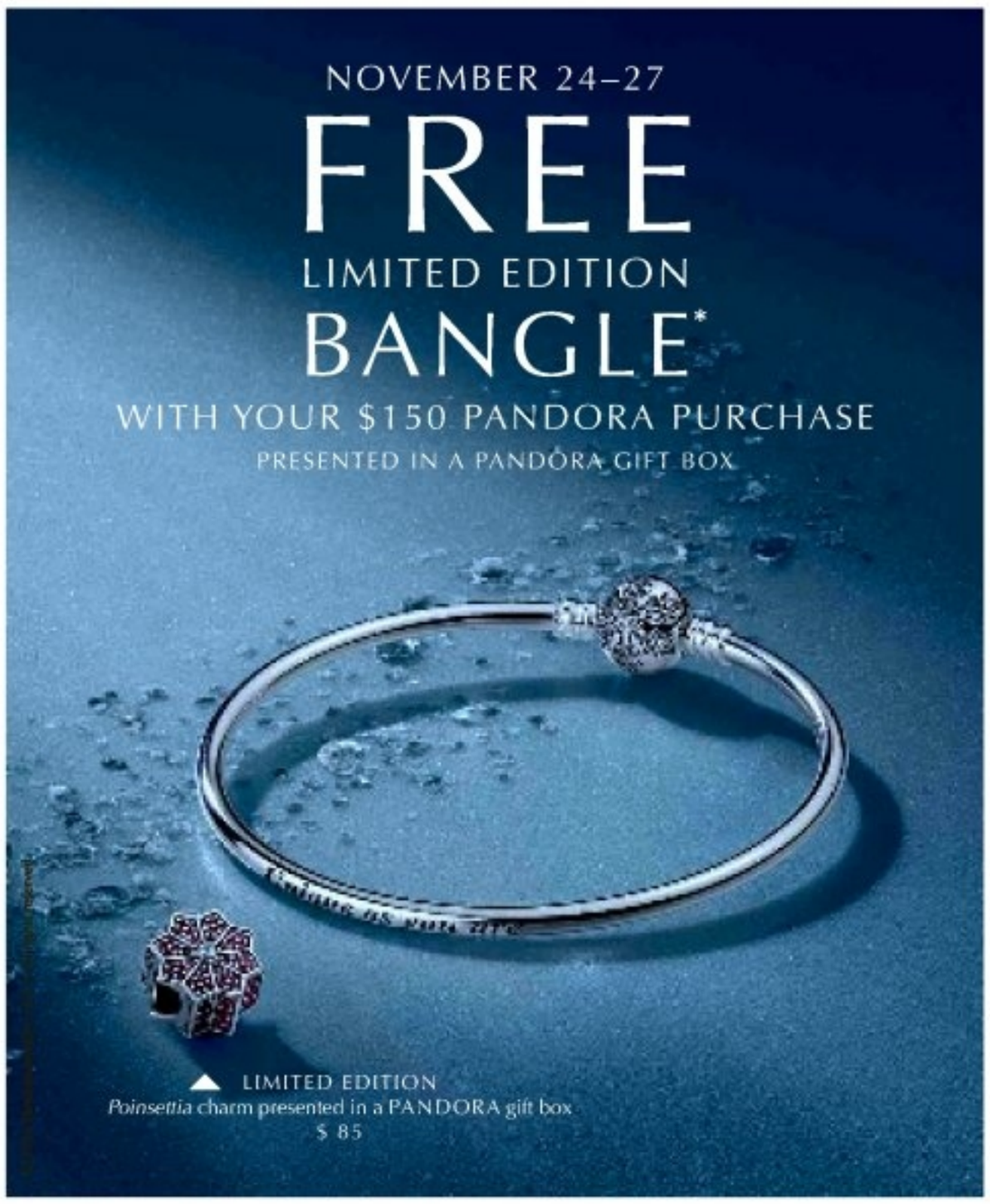

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SPACE

Astronaut, 56, to be the oldest woman in orbit

NASA astronaut Peggy Whitson is on the verge of becoming the oldest woman in space, adding to her long list of barrier-breaking records.

Whitson will be 56 when she rockets off the planet Thursday. She'll celebrate her 57th birthday in February on the International Space Station.

That's a far cry from John Glenn's space shuttle flight at age 77 and a few years shy of the male runners-up. But it's enough to beat Barbara Morgan's record as the world's oldest spacewoman. Morgan waited so long to fulfil her role as Christa McAuliffe's teacher-in-space backup that she was 55 when she finally flew in 2007.

This will be the third space station mission for Whitson, an Iowa-born biochemist, and her second stint as commander. She'll launch from Kazakhstan with two younger men, Russian and French. They'll join an American and two Russians at the space station.

"It is a great place to work and live, and I feel really lucky that we are going to be with friends while we're there," Whitson said Wednesday at the traditional day-before-launch news conference.

"Even if I'm just cleaning the vents in the fans, it all is important."

Whitson was the first woman to serve as commander of the space station — in 2007, nine years into its lifetime. She also was the first — and so far only — woman to head NASA's male-dominated astronaut corps. No other woman has spent more time in space. THE ASSOCIATED PRESS

Peggy Whitson speaks in Kazakhstan on Wednesday. ASSOCIATED PRESS

IN BRIEF

'Post-truth' named word of the year by Oxford Dictionary

Oxford dictionary editors have chosen their word of the year: "post-truth," a term sometimes used to describe the current political climate.

Oxford Dictionaries said Wednesday that use of the term rose 2,000 per cent between 2015 and 2016, often in discussions of Britain's decision to leave the European Union and the campaign of U.S. President-elect Donald Trump.

It's often used in the phrase "post-truth politics" and is defined as belonging to a time in which truth has become irrelevant.

Runners-up for 2016 include "Brexiteer," an advocate of the U.K. leaving the EU; the extreme conservative movement known as the "alt-right"; and "hygge," the Danish concept of domestic coziness.
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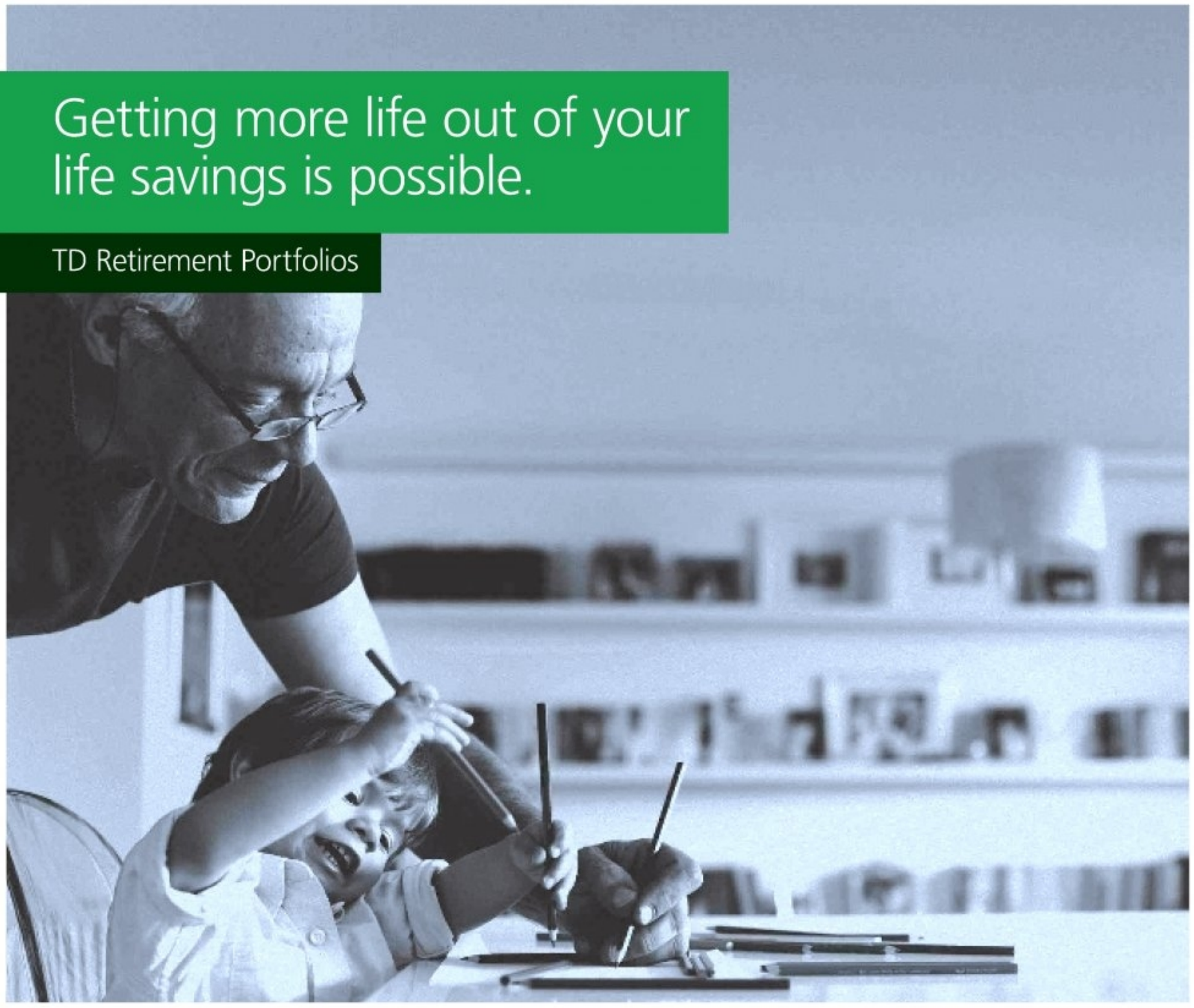

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Obama makes plea on final official trip

POLITICS

President urges the world never to give in to isolationism

Standing in democracy's birthplace, President Barack Obama on Wednesday issued a parting plea to world leaders not to let the fear of globalization tugging at Europe and the U.S. pull them away from their core democratic values. He argued it wasn't too late for a course correction.

On his last foreign trip as president, Obama has repeatedly tried to draw lessons from Donald Trump's victory in the U.S. presidential election, hoping it can serve as wakeup call in the U.S. and abroad. Conceding that many feel left behind by globalization, Obama said there was an understandable impulse toward isolationism and that if people feel their futures are at risk, "they'll push back."

President Barack Obama walks from the Parthenon during a tour of the Acropolis on Wednesday in Athens. THE ASSOCIATED PRESS

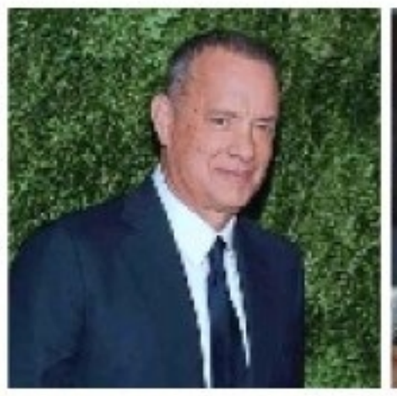
"People have to know that they're being heard," Obama said in a speech to the Greek people in Athens. But, he added, "We can't look backward for answers. We have to look forward."

While fewer people in the U.S. are looking to Obama for direction now that his successor has been chosen and his agenda largely rebuked, Obama has retained significant clout abroad. THE ASSOCIATED PRESS

HONOURS

Obama plans to honour 21 people with the nation's highest civilian honour, the Presidential Medal of Freedom, on Tuesday.

- Robert DeNiro
- Cicely Tyson
- Tom Hanks
- Robert Redford
- Kareem Abdul-Jabbar
- Michael Jordan
- Vin Scully
- Ellen DeGeneres
- Diana Ross
- Bruce Springsteen
- Bill and Melinda Gates
- Richard Garwin
- Frank Gehry
- Maya Lin
- Lorne Michaels
- Newt Minow
- Margaret H. Hamilton
- Eduardo Padron
- Elouise Cobell
- Grace Hopper



Left: Tom Hanks urged calm about a Trump presidency. **Right:** Midwestern State University students march in protest of Trump. THE ASSOCIATED PRESS

Donald Digest

A roundup of news about the president-elect

It's all smooth sailing
Trump and his team on Wednesday vigorously rejected charges of turmoil and infighting roiling efforts to set up his White House teams, saying the enormous endeavour was proceeding "so smoothly." AP

The gold standard
A backlash is brewing against Trump's daughter Ivanka because a $10,800 accessory her fashion company makes was turned into marketing fodder a day after she sported a version of the piece on 60 Minutes. TORSTAR

Hanks a lot, Tom
During an acceptance speech for a tribute to his career on Tuesday, Tom Hanks offered a simple post-election message: "We are going to be all right," he said. "America has been in worse places than we are at right now." TORSTAR

Students still riled up
College students at campuses around the U.S. rallied Wednesday, urging administrators to protect students and employees against immigration action under a Trump presidency. AP

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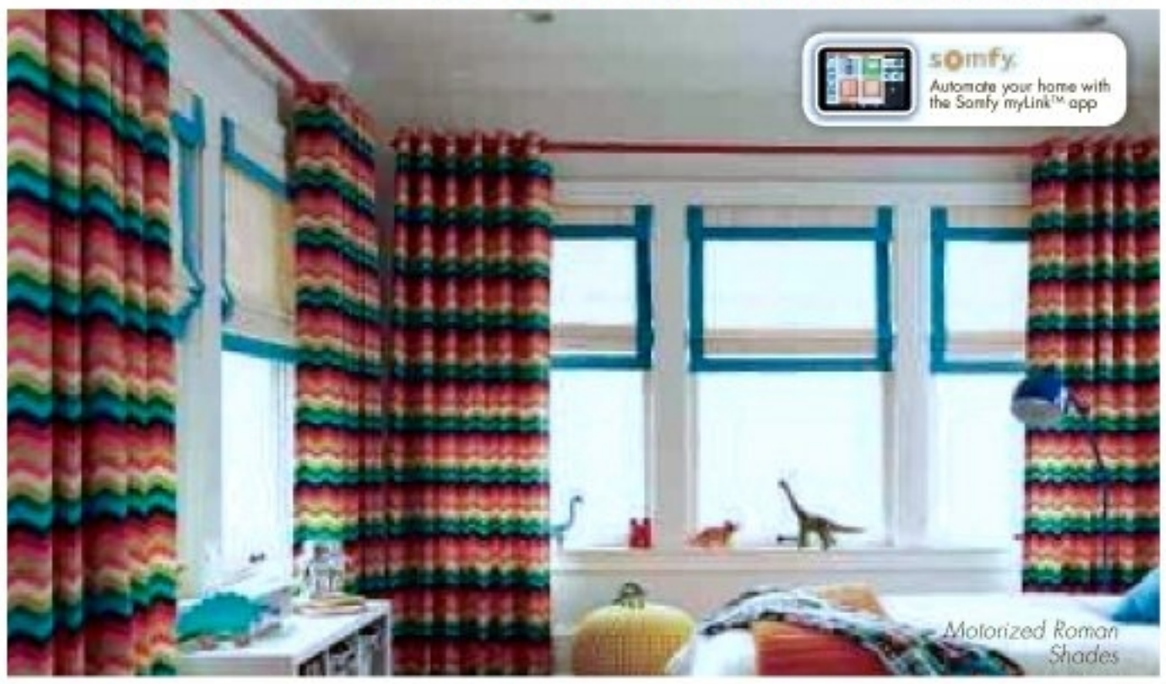

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Visit jdpower.com. ***/* Freight & PDI ($1,700/ $1,650/ $1,600/ $1,700/ $1,695), registration, air levies, tire levies and OMVIC fees, insurance, licence, PPSA, dealer fees and applicable taxes not included in the Black Friday Event Cash Credit offers. Offers apply as indicated to 2016 (2017 Equinox) new or demonstrator models of the vehicle equipped as described. Offers apply to qualified retail customers in the Ontario Chevrolet Dealer Marketing Association area only (including Outaouais). Dealers are free to set individual prices. Quantities limited; dealer order or trade may be required. Limited time offers which may not be combined with other offers. GM Canada may modify, extend or terminate offers in whole or in part at any time without notice. Conditions and limitations apply. 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Thursday, November 17, 2016

CHANTAL HÉBERT ON FOREIGN POLICY IN THE TRUMP ERA

The questions raised by the imminent changing of the guard at the White House go well beyond whether governments such as Trudeau's can find common ground with conservatives

One can run but not hide from the aftershocks of Donald Trump's presidential victory.

Prime Minister Justin Trudeau is finding that out first hand this week as his first trip outside Canada since the American election turns into a damage-assessment mission.

It is a testimony to the magnitude of the shift in the tectonic plates brought about by the U.S. outcome that there is not an international forum and precious few of the world's capitals that is not scrambling to pick up the post-election pieces.

The questions raised by the imminent changing of the guard at the White House go well beyond the narrow scope of whether progressive governments such as Trudeau's can find productive common ground with a conservative president.

Cuba was the first stop on the PM's itinerary this week. Until the U.S. vote, the prime minister might have expected to find some lingering buzz from President Barack Obama's historical visit to the island last spring. It was part of a thaw in the relationship between Cuba and the U.S.

But in Havana, excitement has given way to trepidation. Uncertainty as to whether Trump will follow up on his predecessor's overtures has replaced momentum. On the campaign trail, the president-elect blasted Obama's visit to Cuba.

It has already become conventional wisdom that Trump's win could derail Trudeau's Liberal agenda. There is truth in that.

Later this week Trudeau will land in Peru for the annual Asia-Pacific Economic Policy (APEC) summit. The organization's 12 member countries recently negotiated the Trans-Pacific Partnership. But the American election has sapped the impetus for the ratification of the massive free-trade agreement. Last week, president Obama formally abandoned plans to submit the deal to Congress for ratification before the end of his term in January. Trump wants no part of the TPP.

The president-elect's shadow loomed large over this week's international climate-change summit (COP22) in Morocco. In theory, its participants had good reasons to celebrate. Propelled by international support, the global climate agreement struck in Paris last year has come into effect years earlier than expected.

The accord's signatories — including Canada — argue that the changing of the guard in the White House will not diminish the political will to act in concert on climate change. Time will tell whether they are whistling past the graveyard.

A pivotal part of the infrastructure of the Paris accord was an alliance between China and the U.S. They jointly agreed to a reduction in their carbon emissions. But Trump is not expected to hold the American side of the bargain.

On the heels of the U.S. election, Trudeau reaffirmed Canada's intention to lead a military deployment in Latvia as part of NATO's latest strategy to deter Russia. In Moscow, Trump's victory has been interpreted as an encouraging sign that could lead to NATO being forced to reconsider the deployment.

A bit more than a week after Trump's victory, it has already become conventional wisdom that his installation in the White House will at least complicate if not derail Trudeau's Liberal agenda. There is truth in that.

WHEN IT HITS YOU THAT EVERYTHING'S CHANGED Cuban President Raul Castro and Prime Minister Justin Trudeau listen to a lecture at the Havana University on Wednesday. GETTY IMAGES

But more than a few policy tenets close to the heart of past Conservative governments are equally on the line. Think of NAFTA — the brainchild of Brian Mulroney's Tory governments — but also of the moribund TPP. It was negotiated on the watch of the previous federal government. The final deal was arrived at in the heat of the last federal campaign.

Under Stephen Harper, Canada took credit for playing host to the secret meetings that led to the U.S.-Cuba rapprochement.

The Conservatives set the climate-change targets that Trudeau is seeking to achieve as part of the obligations Canada contracted under the Paris agreement.

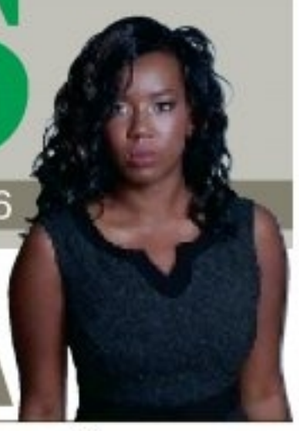
One of the distinguishing features of Harper's foreign-policy doctrine was his strong stance against Vladimir Putin's military goals. Trudeau's Latvia deployment fits into that doctrine, as does the ratification by the Liberals of the Canada-Ukraine free trade agreement initially negotiated under the Conservatives.

And then, what would Harper — as a staunch champion of Israel — have made of the anti-Semitic undertones of some of the rhetoric of Trump's campaign?

On Wednesday, interim Conservative leader Rona Ambrose offered her caucus a few positive thoughts about Trump's victory. But when all is said and done, the president-elect poses a greater threat to Harper's trade- and foreign-policy legacy than Trudeau ever did.

Chantal Hébert is a national affairs writer. Her column appears in Metro on Thursdays.

VICKY MOCHAMA



When the right wing BLASTS COOL R&B, we owe it to them to listen

The most compelling event in politics right now isn't happening inside Trump Tower. It's Conservative Party's leadership race.

Of course, the prime minister is still doing cool, young stuff like a fall reading-week trip to Cuba and begging for foreign-investment dollars. But, more rivetingly, the Opposition is figuring out who among a wide field of relative unknowns should lead them.

There are 12 candidates, i.e., enough players for a Canadian football team. The field is a who's-who of people one might remember and people who have Wikipedia pages. There are so many contenders that I came up with a mnemonic: BLASTS COOL R&B (Bernier, Lindsay, Alexander, Saxton, Trost, Scheer, Chong, Obhrai, O'Toole, Leitch, Raitt & Blaney).

Just because it's not about famous names that doesn't mean it should be underrated. This is the first chance to truly hear vision and ideas from Conservatives who were swept under by the decade-plus of Harper's leadership.

At last week's debate in Saskatoon, each candidate's 40-second speaking limit meant that they could only say a sentence or two on topics like immigration and free trade, so it often sounded more like a fast-paced brainstorming session than an argument. But there is genuine disagreement. At a Sunday event in Greely, Ont., Michael Chong was booed for suggesting that climate change is real, while Brad Trost was applauded after saying, "I don't believe climate change is a real threat."

Still, were it not for one element, the race would seem like a student-government election at a fancy prep school: well funded and appropriately aggressive, with all in agreement that the current headmaster is not for them. But the spectre of global populism hangs over the race.

The clear populist candidate is Kellie Leitch, a trained orthopaedic surgeon who rails against "elites." Her campaign blamed a possible break-in at her house on "the left." Most notoriously, she has proposed a Canadian-values test for immigrants and vowed to bring Donald Trump-style politics to Canada. Leitch lacks Trump's presentational verve, but she may have her finger on the pulse. Some Liberals, fearing the worst, are registering with the Conservative party to vote for anyone but her.

In 2004, following the Canadian Alliance's merger with the Progressive Conservatives, the new Conservative party had only three contenders for leader: future Instagram star Tony Clement, noted floor-crosser Belinda Stronach and Master of the Dark Arts himself, Stephen Harper.

Before you tweet me, I mean to compliment Steve for having united Canada's heterogeneous right-of-centre movement and convinced it to speak with a single voice (his). But the other voices didn't disappear. And now, out of Harper's shadow, 12 visions are coming from a party that used to provide only one.

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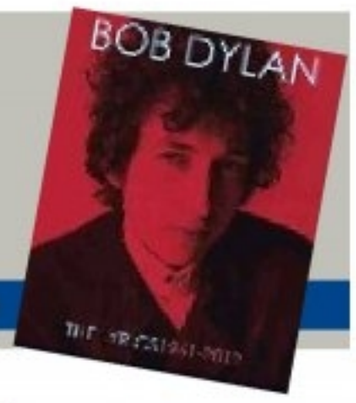
Bob Dylan not going to Stockholm to pick up Nobel Prize



Lingerie that's not about sex

INTERVIEW

Reframing the conversation from a French point of view

Amber Shortt
For Metro Canada

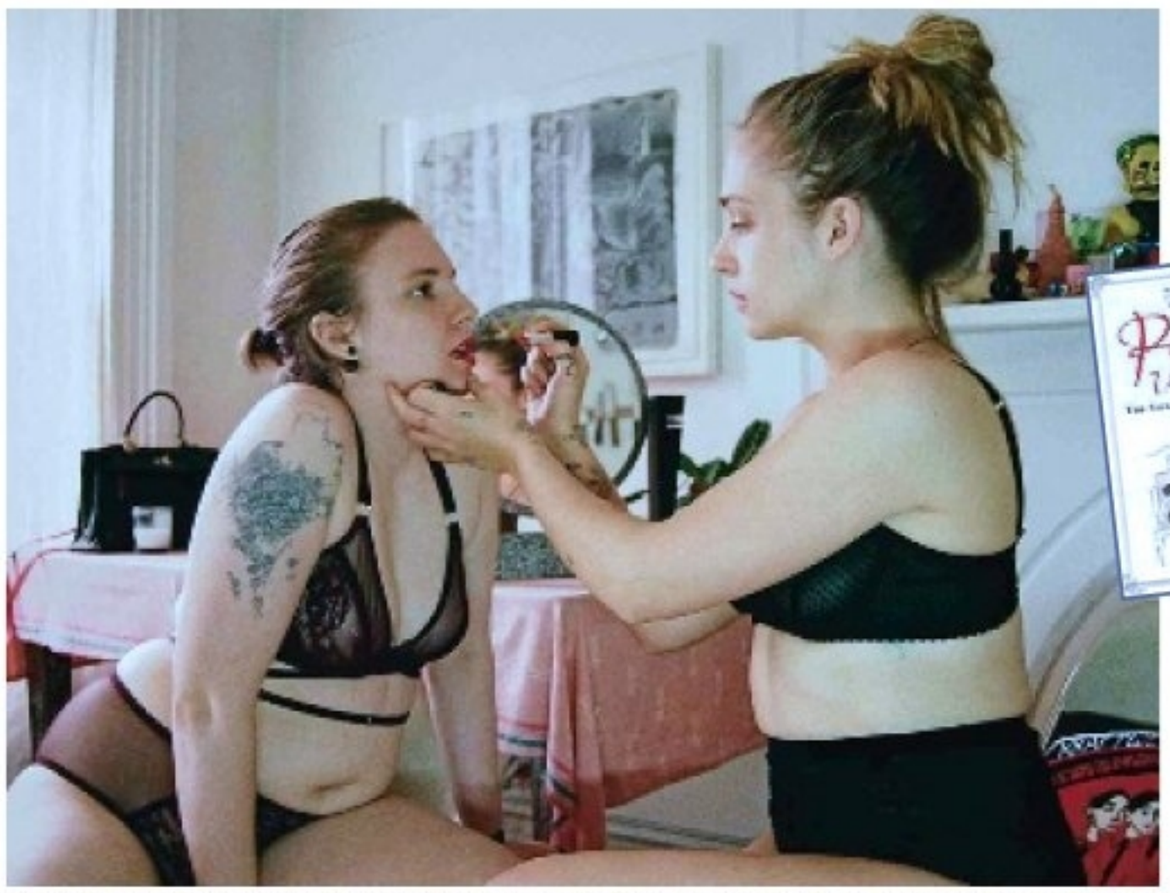
When Toronto's Kathryn Kemp-Griffin went to buy her first bra, the message from lingerie ads was clear: wear this, get laid.

"I remember growing up thinking it was all about purpose," says the author, who now also runs lingerie-themed tours of Paris. "What do I put on if I don't want to get laid? I don't really know what that means at 13."

She found in North America the conversation circled further around function: lift this, slim that, two-for-one deals, back fat. Comfort was an excuse for a lack of aesthetics, she says.

But after moving to Paris with her husband in 1990 — in a frayed pair of Jockeys — she started to believe lingerie could be something more.

"There's a difference in language when the French were talking about lingerie versus when North Americans were talking about lingerie," says Kemp-Griffin, who was in Toronto recently to promote her new book, Paris Undressed: The Secrets of French Lingerie.



Friends Lena Dunham and Jemima Kirke appeared in an untouched-up ad campaign for Lonely. In Paris Undressed, author Kathryn Kemp-Griffin says lingerie should be about activating the senses, not fixing perceived flaws. ZARA MIRKIN & HARRY WERE / COURTESY OF LONELY

In the book, Kemp-Griffin essentially offers a mindfulness guide to wearing lingerie the French way. She tells readers how to take a Marie Kondo-like approach to their underwear drawer (though Step 1 is to call it lingerie, not underwear). Toss wince-inducing pieces, she instructs. Then, buy a flower in your favourite colour, and a bra to match. "Notice that there are no flowers in beige!" she writes.

Throughout the book, she explains the history of lingerie — highlighting the lost one-on-one conversations with seamstresses to mass marketing and standardized sizing — and asks readers to more closely consider fabrics, such as the feel of silk and the detailed construction of lace.

The idea is lingerie should be about activating the senses, not fixing perceived flaws, she says.

"When you watch all the designers ... they're always slipping their hands underneath. That's where you see the opacity, that's where you see the light, that's where you see the transparency, that's where you see how the fabric plays with the skin, and you see the skin as the composition," says Kemp-Griffin. "By the time the product gets made and marketing gets slammed on, all the different slogans, all the rest, they've lost the dream, the textures."

And Kemp-Griffin knows about the importance of the dream. She moved to Paris at the flip of a coin (the alternative was San Francisco) and says there's something about being in a new place, and seeing the juxtaposition to home, that can help one find a new perspective.

But no matter where we are, it's hard to leave long-built anxieties behind, she says.

"We can not get away from our own individual upbringing, our religion, what mom said, what our sister said, what a good boyfriend said, what a rotten boyfriend said," she says. "It all gets wrapped into this poor little bra."

She sees it in the women who come on her lingerie tours: At Le Bon Marche department store, when the women are trying on lingerie, she says she often has to tell them to turn around and face the mirror instead of facing her, waiting for her opinion.

"Sexy, seduction, sexuality, sensuality: there's all these words we sort of know the dictionary definition of, but nobody ever asked what they mean to us."

And though those words come up plenty in the book, with bonus erotica recommendations and instructions for making your own tassels, one thing is noticeably absent: a sexual partner.

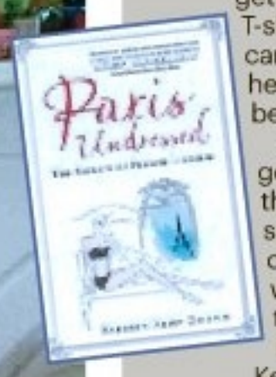
"I wrote (the book) for women, I wrote it for any women who have had any inkling that there's more to it than that," says Kemp-Griffin.

And in a year that saw women embracing a bra-free movement, plus-size model Ashley Graham walking the runway in her own lingerie collection, and Lena Dunham being featured in an untouched-up Lonely Label ad campaign, it seems women in North America are ready to reframe the conversation around lingerie as well.

GARTER BELTS

Ideal fit for wintertime

Kathryn Kemp-Griffin may be able to convince the North American woman to get rid of beige T-shirt bras, but can she convince her to try a garter belt?

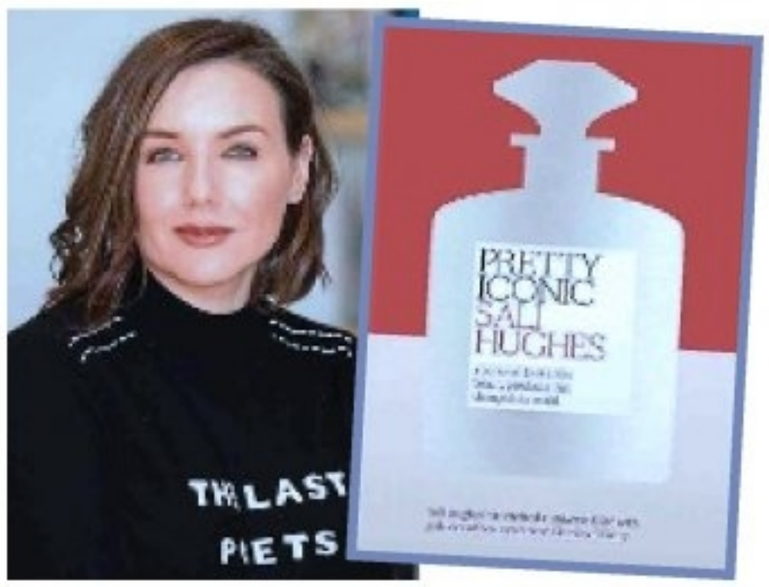


"I think I can get her to try them on," she says, noting cold Canadian winters may be the ideal climate.

Kemp-Griffin, who recommends donning the more secure six-strap, rather that the pin-up-y four, says they can be handy under a pair of jeans when you're also bundled in a parka.

"It's nice not to have all those different layers above," she says.

AMBER SHORTT/FOR METRO



Sali Hughes is the author of Pretty Iconic, a book about beauty products that changed lives. BERNARD WEIL/TORSTAR NEWS SERVICE

TRENDS

Unfiltered beauty talk with Sali Hughes

Sali Hughes knows there is more to beauty than a million Instagrammers trying to look like Kim Kardashian.

As the Guardian newspaper's beauty columnist and author of the website salihughesbeauty.com, Hughes, 41, is known for her discerning taste, down-to-earth approach to beauty and for her unfiltered straight-talk.

Here, the U.K.-based author chats about her new book, Pretty Iconic, ($34.99, Fourth Estate).

How did you decide what went in the book?

A product either had to have changed the beauty industry, or changed women's lives.

What makes a product iconic?

If you look at something like Chanel No 5, even people who have no interest in beauty still know that that is Chanel No. 5. Other things are iconic because they absolutely changed the course of beauty.

Some people see beauty products as frivolous. Why does a book like this matter?

Beauty products are the tools that help us project what we want to the world. That's a really powerful thing.

What's an overrated trend you're seeing right now?

I could live without seeing more contouring. I feel a little bit sad that young women feel they have to change the shape of their heads. It's too much. I would like people to embrace their differences instead of all trying to look like Kim Kardashian. That's like saying only one kind of flower is beautiful. All of Instagram can't be that sharp brow and contouring. It's boring. Also, it looks like s–t close up.

Did that skin condition influence where you are today?

It changed my life. My mum left when I was a baby so ... I was in a completely male household. Probably I would have always craved the feminine stuff — I would have always loved makeup — but I think the Ichthyosis made my obsession a 360 degree one.

TORSTAR NEWS SERVICE

JOHANNA SCHNELLER
WHAT I'M WATCHING

Shelf life on school drama

THE SHOW: This Is High School, Season 1, Episode 6
THE MOMENT: The post-election wrap-up

In this doc series, we are now in the last days of senior year at South Kamloops Secondary School. This week, the 50 cameras mounted around the building are focused on Anthony and Jared, two clearly bright, socially awkward best friends, both vying to be valedictorian against a handful of more popular kids.

"I'm a fan of musical theatre and I always like things to finish with a bang," explains Jared, the more ironic one.

"Vigorous jazz hands," says Anthony, the sincerer one. They crack up.

Neither wins (a cool dude does). Anthony's disappointed. "You get all this good feedback, but it feels wasted," he says. He hoped that being valedictorian would make him feel like he played a tangible part in high school life.

"Let's be honest," Jared consoles him. "You won't ever look back on high school life. You'll just take off and keep going."

Ah, Jared, you are wise beyond your years. This series is as earnest as Anthony. It finds individual dramas and creates mini-arcs: Will the aboriginal girl with a complicated home life get the 73 in English she needs to pursue her dream at university? Will casting the shy new boy in Macbeth help him come out of his shell?

But the underlying truth is, everything that happens in high school is dramatic to the kids, but only some of it matters. Most of the drama fades like a grad photo in the sun. This series would be richer if it acknowledged that more.

This Is High School aired on CBC. Past episodes can be streamed at http://watch.cbc.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

Jared, a student featured on This Is High School, had the right idea according to Johanna Schneller when he said, "You won't ever look back on high school life." CONTRIBUTED

Napflix describes itself as 'a video platform where you can find the most silent and sleepy content selection.' SCREENSHOT/ISTOCK

Bored yet? Napflix aims to make you sleep faster

STREAMING

From sheep to curling, film fare to relax your brain

Love TV? Have trouble sleeping?

Perhaps you should check out Napflix.com, a collection of intentionally soothing/boring films and videos culled from YouTube.

The free service is the work of two advertising workers from Spain, the home of the siesta.

Napflix describes itself on its site as "a video platform where you can find the most silent and sleepy content selection to relax your brain and easily fall asleep."

The zzz-inducing fare includes chickens on a rotisserie at Swiss Chalet, sheep (circa 1954), rain on a window, candles burning and real-time chess.

For Canadian content, there's men's curling, although that has been blocked out for Canada. Surprisingly, there are no debates on the future of the Canadian Senate.

Some of the Napflix offerings are clearly parodies, like one on forgotten stamps.

Others are unintentionally pulse stopping, like a BBC documentary on the life of pandas or another BBC effort on Einstein for the masses.

A few are probably thrill inducing to a few folks at Mensa while they'd make the rest of us drop from boredom. They include a documentary on quantum theory and a masterclass lecture on Klingon grammar. TORSTAR NEWS SERVICE

REGULATION

Shomi shutdown comes as 'shock'

The head of Canada's broadcast regulator blasted Rogers and Shaw for shutting down its video streaming service, Shomi — a platform he sees as the future of content.

It was a "shock" to hear the companies were throwing in the towel on the platform so soon after it launched, said CRTC chairman Jean-Pierre Blais in prepared remarks for a speech in Ottawa on Wednesday at the annual conference of the Canadian chapter of the International Institute of Communications.

"I have to wonder if they are too used to receiving rents from subscribers every month in a protected ecosystem, rather than rolling up their sleeves in order to build a business without regulatory intervention and protection," he said in his prepared remarks.

Blais said the Canadian Radio-television and Telecommunications Commission has been watching the development of streaming services, like Shomi and CraveTV, with some interest since they entered the market.

> **I have to wonder if they are too used to receiving rents from subscribers every month.**
> Jean-Pierre Blais, CRTC chairman

He called such services "the future of content" in his prepared remarks.

Rogers and Shaw launched Shomi in November 2014. The streaming service had neared 900,000 customers before the decision to eliminate it at the end of this month was announced in late September.

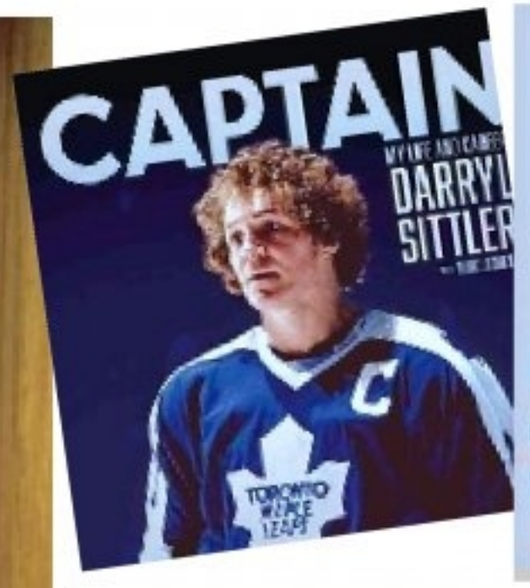
Meanwhile, Bell Media, which launched its platform CraveTV in December 2014, said earlier this month that the service hit one million subscribers.

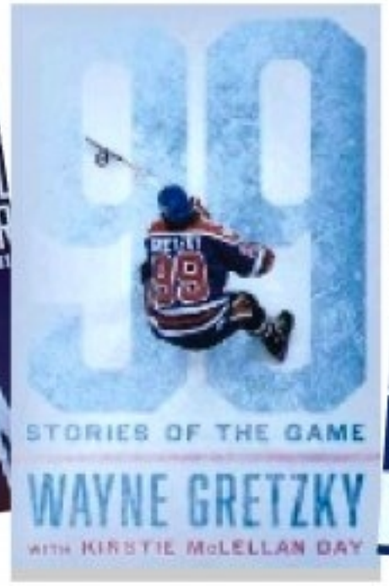
Rogers declined to comment on the remarks made by Blais, while Shaw did not respond to a request for comment.

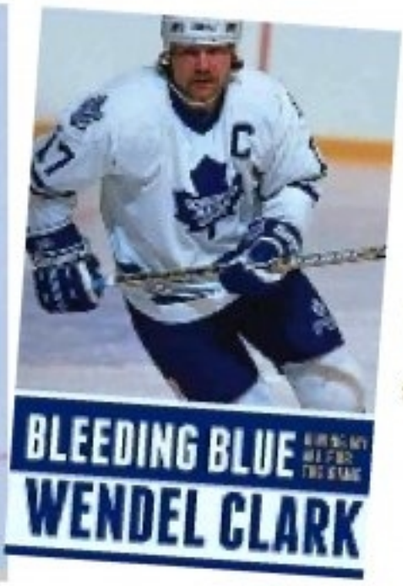
But the two companies were not the only targets of the CRTC chair's critique.

During the speech, Blais also called out some large telecommunications companies for grumbling about the CRTC's decision that they must provide their competitors wholesale access to their networks. THE CANADIAN PRESS

In 99: Stories of the Game, Wayne Gretzky touches on his most famous moments while addressing the game's history.
CONTRIBUTED







"Something about the cold game pulls writers and publishers back to their literary core: storytelling by star players.
Dave Bidini

Scoring on literary ice

BOOKS

Storytelling by star players has a way of drawing you in

Dave Bidini
For Torstar News Service

Lo these many years, I've imagined hockey writing in Canada joining the wave of baseball writing to produce esoteric and skewed-angled views on the game.

A handful of these kinds of hockey books have been written — Puckstruck by Stephen Smith is one; Theo Fleury's autobiography, Playing with Fire, is another.

But something about the cold game pulls writers and publishers back to their literary core: storytelling by star players.

It's a limited view, yet satisfying in its own way. Three new fall books prove that, if hockey writing refuses to walk down new roads, there are ways to be engaged on familiar ice.

Let's start at the most distinct title. Wayne Gretzky's 99: Stories of the Game (written with Kirstie McLelland-Day) is the literary mirror of the former centreman's sporting mind: darting, moving and winding about, rarely wasting an opportunity to go somewhere you did not expect it to go.

If Gretzky was among the best to ever play the game, he was also the spongiest when it came to soaking up hockey's lore.

While Gretzky touches on all of his most famous moments, he and McLelland-Day manage a difficult and substantial feat: after awhile, you forget it's the legend talking, but rather a curious fellow guy who knows a lot more about hockey than you.

If the Gretzky book aspires to address a very wide swatch of the game's history, the Wendel Clark and Darryl Sittler tomes more or less keep to themselves.

This is fine. Both books arrive with the Maple Leafs rebuilding their franchise, so rather than read them with a nostalgic eye to better times, we might view them as narrative building blocks, returning the reader to different, yet equally conflicted, eras in the team's history: Sittler's story covering the '70s into the '80s, and Clark going from 1985 on.

The most compelling parts of Darryl Sittler's book are set in the crazy '70s, in which hockey seems like an entirely different sport: owners sitting among fans, which is the case with the captain's nemesis, Harold Ballard; and outrageous pier 4 brawls with nearly every team in the league.

Clark's book is a celebration of home and game and how the two are entwined.

Like the others, his is a fine narrative, easily told.

None of the books try to be anything else because they simply don't have to.

Dave Bidini is the author of five hockey books, including his most recent, Keon and Me.

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GRAPHIC NOVEL

Documenting an icon of Can-comics

Seth's Dominion
By: Luc Chamberland (director of documentary); Seth (creator of comics)
Publisher: Drawn and Quarterly
$22.95; 41 minutes and 80 pages

Mike Donachie
Metro | Canada

This one is cheating, because it's not really a comic book, except that it is.

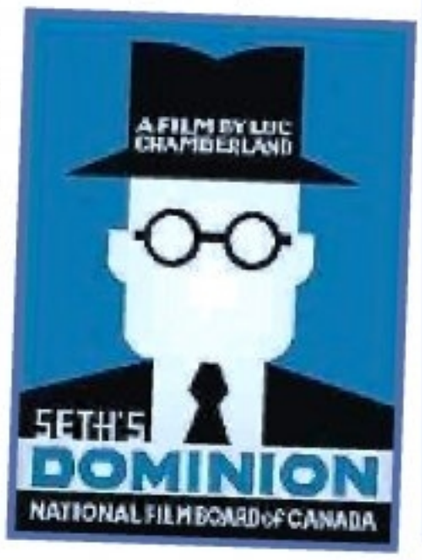
Seth's Dominion is the documentary portrait of Seth, Canada's sartorial savant of comic books and so much more. Like him, it is fabulous.

Chamberland and the National Film Board of Canada created a charming biography of the Guelph, Ont. artist in 2014. It's full of interviews, animation, extras, insights into his technique, mindset and unrelenting creativity, and painful honesty about his experiences.

But this is Seth, the man who couldn't just set a comic book in the fictional city of Dominion; he had to make dozens of model buildings, too. So this new DVD release comes in a beautiful hardback book that's reversible.

One side features sketches and extracts from Seth's wonderful comic books, including Wimbledon Green, and It's A Good Life, If You Don't Weaken. Flip the book over and there's a photo essay of Seth's life.

And in a little pocket is the DVD. It's just delightful.



BOOK BRIEF

Atwood, Boyden face backlash over UBC letter

A rift in Canada's literary community is forming after dozens of prominent authors signed an open letter that called for an independent investigation into the University of British Columbia's decision to fire Steven Galloway. An online backlash has erupted over the letter, with both those who filed complaints against Galloway and outside observers expressing concerns that those who signed the letter are rallying around one of their own while silencing those who spoke out against him.

Margaret Atwood is among several authors who signed the letter and faced a barrage of criticism from young female writers on Twitter. Life of Pi author Yann Martel, who signed the letter written by Joseph Boyden, says in an email he would have worded the letter differently, but the goal was to express concern that the process followed by UBC did not appear to be fair to either Galloway or the complainants.

THE CANADIAN PRESS

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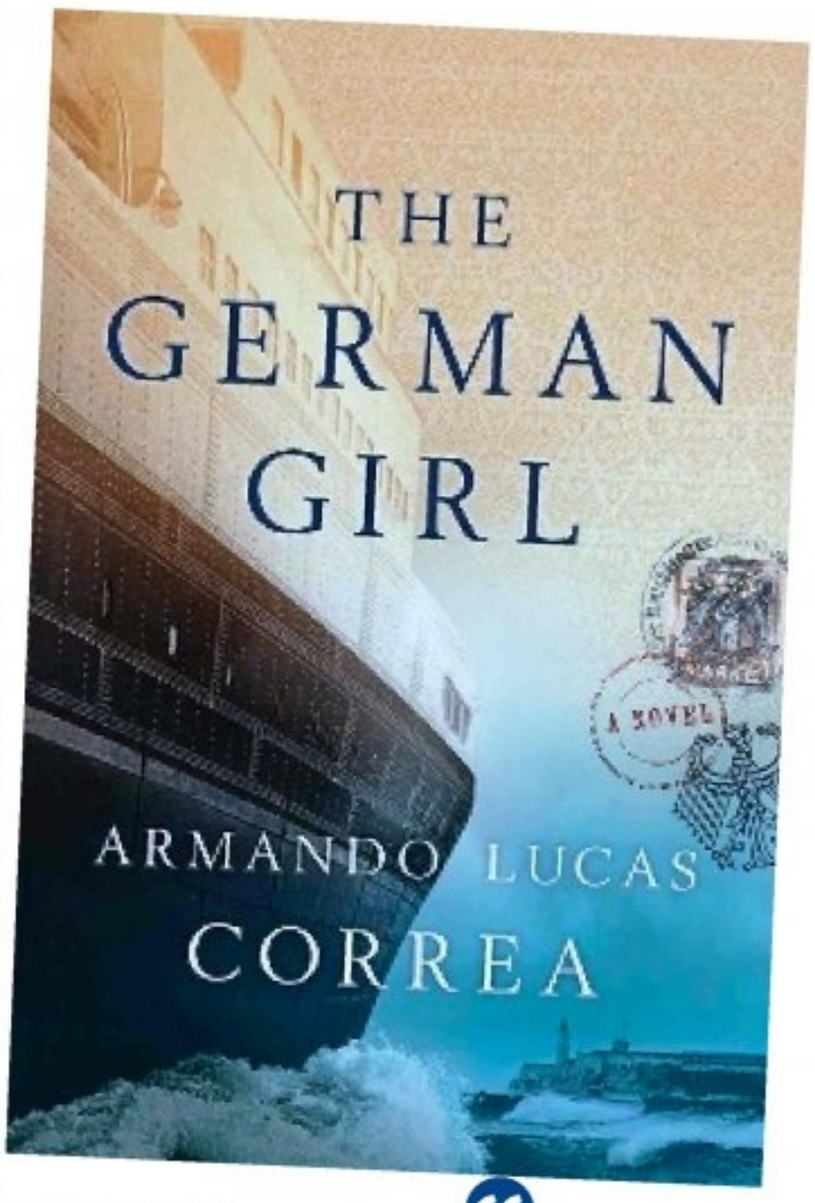
Refugee tragedy told through child's eyes

HISTORICAL NOVEL

Story of 1939 St. Louis liner compares to today's crises

Sue Carter
For Metro Canada



Armando Lucas Correa was only about 10 years old when his grandmother first told him about the St. Louis, a transatlantic luxury liner that, in May 1939, carried 937 passengers, mostly Jewish refugees, to safety in Havana.

Correa's grandmother — the child of Spanish immigrants — was pregnant with his mother at the time, when the Cuban government, which had guaranteed a safe home to the travellers, broke its promise and only allowed 28 refugees to remain on the island, despite the fact that each had paid a $150 fee to disembark.

The ship captain desperately tried to find a new port to land, but both Canada and the U.S. turned the group away, and hundreds were ultimately forced to return to Germany to their ultimate deaths.

"I think it hit her very hard when the Cuban government denied them entrance," says Correa, who is the New York–based editor of People en Español. "She would say that Cuba would pay for the next 100 years for what they did to the refugees."

The story continued to haunt Correa as well, and served as inspiration for his debut historical novel, The German Girl, about a family separated by the event and its lingering impact on future generations.

"When I was writing the book I was thinking about myself, the father of three children," he says. "If I was in the same situation, I wouldn't know what to do or how to survive. I think this is a lesson for everybody."

The German Girl is told from the perspective of Hannah Rosenthal, an energetic, curious 11-year-old who flees her home in Berlin, accompanied by her parents and her best friend, Leo, and his family. It's six months after Kristallnacht, or the "night of falling glass," when violent riots instigated by the Nazis broke out in the city, and many Jewish businesses and synagogues were burned down.

The story spans 70 years to a future tragedy, when Hannah meets her great–niece, Anna Rosen, whose father disappeared on 9/11.

> **Humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour; people who have another god, or have other beliefs.**
> Author Armando Lucas Correa

Hannah's voice came to Correa via his daughter Emma, who is the same age as his young protagonist. He hopes the authenticity will connect with empathetic readers. "This is a tragedy; 937 refugees were denied entrance," he says. "But I wanted to talk about Hannah Rosenthal. I wanted to get in her head. She is a human being; I didn't want to talk about the numbers."

Correa also observed that the story has a disturbing similarity to reactions and responses to current refugee crises, such as the millions of displaced Syrians seeking asylum around the world. "The tragedy of the St. Louis, you can see it today," he says. "The reason is that humans — as part of our DNA — we reject and we're afraid of 'the other.' People with another skin colour; people who have another god, or have other beliefs. We have to fight against that."

Although he was more concerned with developing a relatable protagonist, Correa backed up his narrative with plenty of factual research, digging through books and thousands of pages of archival materials at the Holocaust Memorial Museum in Washington, D.C.

He also included the ship's manifesto at the back of The German Girl, documenting the 937 passenger names. One of those on the list is Ana María Gordon, a Toronto-based 81-year-old survivor of the St. Louis, who shared her personal memories and thoughts with Correa. "Ana María is a strong woman," he says. "She said, 'We can forgive but never forget.' This is the main lesson."

Sue Carter is the editor at Quill & Quire magazine.

metro HOME
Your essential daily news

Cindy Crawford is selling her Malibu home for $60 million

MEET THE CONDO

A boutique hotel feel

CONTRIBUTED

Project overview

This spring, 460 St-Laurent will be ready for occupants, providing a new housing option, outfitted with a range of condo amenities to suit professionals and young retirees. Brigil Homes began construction on the project in the fall of 2014. The condo is designed for an autonomous, active lifestyle, while still having access to a number of services.

Housing amenities

The condo is designed to feel like a boutique hotel, with the building's top floor devoted to amenities such as an indoor pool, fitness centre, massage room, movie theatre, a restaurant and hair salon. The building also offers medical services and 24-hour security. The condo's warm colours and distinct architecture add to its appeal.

Location and transit

Located in the Cardinal Glen neighbourhood, 460 St-Laurent is only a few kilometres from downtown Ottawa. Residents can easily access major roadways such as the Queensway, Aviation Parkway and the Sir George-Étienne Cartier Parkway. There are also several main transit routes nearby, and plenty of shops, banks, grocery stores and pharmacies within walking distance.

In the neighbourhood

The area has a couple parks nearby, as well as multiple scenic biking and walking paths. St. Laurent Shopping Centre, the Rideau Centre and the ByWard Market are also very close. Residents can enjoy a number of attractions in the neighbourhood, such as the Canada Aviation and Space Museum and Rideau Hall.

ILANA REIMER/FOR METRO

NEED TO KNOW

What: 460 St-Laurent
Builder: Brigil Homes
Designer: Brigil Homes
Location: The corner of St-Laurent Boulevard and Dunbarton Court
Building: Condominium
Size: Starting at 494 square feet to 1,108 square feet.
Pricing: Not disclosed
Model: Suites with one to two bedrooms, one bathroom
Status: Now selling
Occupancy: Spring 2017
Sales centre: 460 St. Laurent Blvd.
Phone: 613-454-1797
Website: brigil.com

TRENDS

Furry, fuzzy and fluffy holiday decor with a soft touch

This season, faux furs, wools and other softly textured materials are giving holiday decor a cozy, festive feel.

The trend was prominent at this fall's Maison et Objet trade show in Paris. Booths were populated with winsome, appliqued, felt people and animals. Glamorous, jewel-toned feather trees dressed up tabletops. There were furry pillows printed with wildlife photos or embellished with metallic threads, sequins and pearls.

"That natural, organic, homespun feeling was all over the runways and it's trending at home, too," says New York designer Elaine Griffin. "For holiday, it manifests as an emphasis on bringing the outdoors in — think stylish, simple-chic arrangements of branches, leaves, berries, pine cones and moss — coupled with cozy, textured, wintry textiles like felt, faux fur and chenille."

There's a lot of versatility in these materials because faux fur, brushed wool, hides, and even velvet or feathers can say "winter cabin" as easily as "luxury suite." It's all in how you incorporate other style elements.

Emily Henderson, host of HGTV's "Secrets from a Stylist" and a Target home-style expert, is also a fan.

"Yarn and wovens are two of my favourites — they make a space feel extra warm and welcoming, which is what the holidays are all about," she says.

Little cone trees wrapped in cream-colored yarn, from Target's Threshold holiday collection, make a cozy tablescape. Here too are felted wool deer, bears and snowmen ready to create an arboreal winter woodland. A photo-printed stag on a soft, velvety throw pillow makes for a welcoming accessory. Restoration Hardware's felt stocking garland is a different take on the advent calendar. And there are plushy gift bags and stockings in faux mink, coyote or wolf fur.

At Z Gallerie, long-haired faux fur runners, tree skirts and wine bags come in cream or grey. Frontgate has Christmas stockings crafted of sumptuous coral or burgundy velvet and Grandin Road has a collection of hooked wool pillows with whimsical images of moose, cardinals, foxes and various canines sporting holiday garb.

A faux fur throw that looks like pheasant feathers could be repurposed as a glamorous tree skirt.

Or get creative with five feet of chocolate-y brown faux fur trim, from New Orleans-based ribbon designer Donna Stevens. It could edge a mirror, wrap a gift or garland a tree, perhaps.

Children and nature lovers might enjoy Pier 1's whimsical stockings embroidered with owls or squirrels and embellished with a faux fur collar, wing and tail. Red and white felt snowflakes come in garland or placemat form.

Another nice thing about this trend is that it isn't limited to Christmas; if you're celebrating Hanukkah, you can easily incorporate some blues and silvers. THE ASSOCIATED PRESS

Target's tabletop tree dressed in strands of yarn
HANDOUT

FIVE TIPS I LEARNED ABOUT MAKING A SMALL BEDROOM FUNCTIONAL

1 Paint

If a room is small and doesn't have a great deal of natural light, like Julian's, try to keep the wall colour light — it'll help reflect whatever natural light is available. We used Benjamin Moore Simply White (the 2016 colour of the year) everywhere but one feature wall, which we painted in Orange Parrot. The orange wall actually works quite well. It gives the room a nice pop of colour and when the sun does shine through his west-facing window, a beautiful warm glow fills his room. He just thinks the orange wall is cool and that he may have succeeded in one-upping me.

2 Furniture

Choose space-saving furniture. Keep the scale of the furniture on the small side and if you can, avoid filling up the room with furniture. Stick to what is necessary. We got rid of a large vintage dresser and replaced it with a metal bookcase. A couple of baskets sit on the bottom shelf holding socks and underwear and can easily be pulled out. A vintage desk and nightstand found on Craigslist have drawers and storage space to hold belongings but they don't take up a lot of room.

3 Organizing knick-knacks

Collections don't have to be hidden away — put them on display. Although Julian's beloved Lego hasn't been used in quite a while, we poured it into a big glass jar and it sits on a shelf looking all colourful with the hope that one day it will look enticing enough that my son will abandon his iPad for it. Award ribbons are displayed on an old cash register tray found at an antique market. We hung medals from hooks.

4 Smart storage

If possible, choose furniture that has more than one function such as a bed with drawers underneath. Clothing went into a built-in on an odd-shaped wall opposite his bed. We added an Ikea dresser from the Pax system with shelving above and a rod to hang clothing that isn't foldable. Space under his bed was utilized with a trundle-type box on wheels that holds off-season clothing, books and toys.

5 Embrace the space

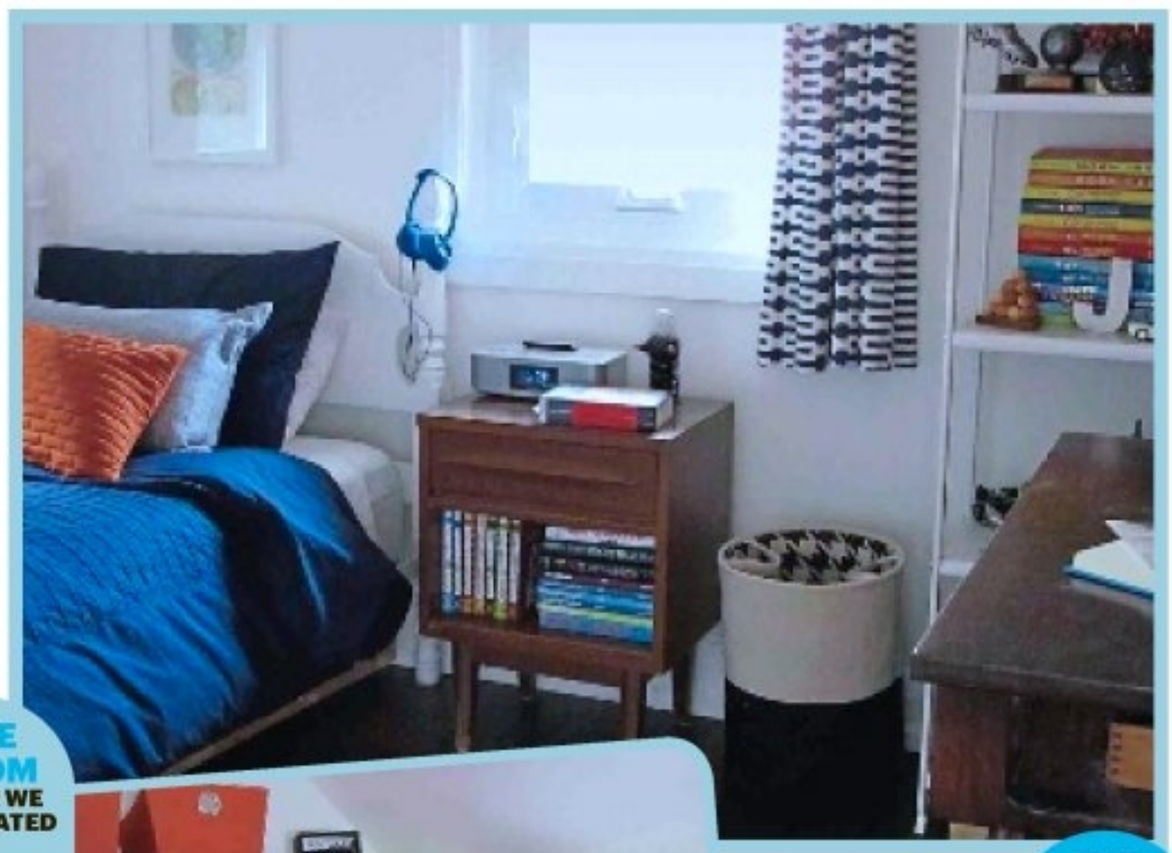
It is what it is. Small rooms can also be cosy retreats for kids away from their busy, often overscheduled lives. The key is to keep the space free of too much clutter and a space that has, in theory, a place for everything. In reality, a teenager lives there so the spillover from boxes and bins is probably inevitable.

After the tree fell, we got to work

RENOVATIONS

Accident created an opportunity to redecorate

Debra Norton
For Torstar News Services



THE ROOM AFTER WE RENOVATED

THE ROOM BEFORE THE TREE FELL ON OUR HOUSE

A tree fell on my house!

Thankfully, we had just arrived in P.E.I. for our annual holiday a few days earlier, so we weren't inside at the time. My son, Julian, was fast asleep, oblivious to the news that a massive old oak tree had just crashed through his bedroom ceiling and onto the bed on which he was sleeping just a few days earlier back home in Toronto.

I had just sat down at the kitchen table with a fresh cup of coffee, still relishing in that relaxed sleepy haze that you wake up with at a cottage, pondering which beach to visit. Then my cellphone rang. It was my brother, Jim. I don't quite remember his exact words that morning when he called to tell us a tree had fallen on our house, through the roof, crashing through my son's bedroom ceiling.

Managing the aftermath of a small disaster like this from 1,700 km away was unnerving. We were very lucky to have family and generous neighbours ready to step in and deal with the details for us, insisting that we stay put and enjoy our vacation. The next two weeks were spent taking the kids to the beach, eating lobster and sending the occasional panicked text to Jim or our neighbour Ana to make sure the patched roof was still secure after another crazy, heat-induced rainstorm.

We thought that when we returned home the damage could be fixed within a month. But due to a combination of structural damage, bureaucracy and dealing with some unreliable tradespeople, the drama continued for nearly eight months. For five them, Julian, who was then 12, slept on an inflatable mattress next to ours. His room — all 70 square feet of it — had to be completely gutted.

In the grand scheme of home disasters, ours was tame. No one got hurt. We still had a roof over our heads (although with a giant tarp-covered hole in it) and we had insurance. And as much as it wasn't how I imagined spending my summer, the disaster provided me with an opportunity to make over Julian's room — a chance to convert his pace from a little boy's room into a nearly-teen's.

Transforming Julian's room

We promised Julian that he could pick any colour he wanted for the walls. He chose orange. The key to making a colour so vibrant work in a room so small is to hand your child a thick palette of oranges you can actually live with. He will think that he is in full control, when really you are.

Remember!

One day they will wake up and realize that this space, whatever its size, is home and they are lucky to have a warm non-inflatable bed and a ceiling where the light is from a fixture and not the sky. They will pick up their dirty smelly socks and soccer gear and put them in the laundry basket and open their door once again. In the meantime, please pour me another glass of wine.

Campus rivalry is on

MEN'S GAME

Gee-Gees chase first title win as Ravens defend championship

Jen Traplin

Like many other sports, basketball found a place on college and university campuses across Canada while still very much in its infancy.

Invented by Almonte native James Naismith in 1891, the sport of basketball began to arrive on some campuses just two years later with the first Canadian interuniversity basketball game taking place on February 6, 1904, at the YMCA in Kingston where McGill University defeated Queen's in overtime.

Under the blanket of U Sports, the governing body for university basketball in Canada — formerly Canadian Interuniversity Sport (CIS) — the modern day men's basketball season culminates in the U Sports Final 8 where teams compete for the coveted W. P. McGee Trophy.

This year's U Sports No. 1 ranked men's basketball team, the Carleton Ravens, enter the 2016-17 campaign as the defending champions. They also boast the record for most championship wins with 12. While they've come close, cross-town rivals the Ottawa Gee-Gees are still searching for their first championship win.

Canadian women's basketball teams compete in the Final 8 for the Bronze Baby. The Carleton Ravens and the Ottawa Gee-Gees women's teams both have yet to win a national title.

GAMES SCHEDULES

2016-17 Carleton Ravens
Brock @ Carleton | Dec. 2
McMaster @ Carleton | Dec. 3
Nipissing @ Carleton | Jan. 13
Laurentian @ Carleton | Jan. 14
Carleton @ Ottawa | Jan. 17
Guelph @ Carleton | Jan. 20
Lakehead @ Carleton | Jan. 21
Ottawa @ Carleton | Feb. 3
Ryerson @ Carleton | Feb. 17
Toronto @ Carleton | Feb. 18

*Women's games start at 6 p.m., men's games at 8 p.m.

For tickets, go to goravens.ca

2016-17 Ottawa Gee-Gees
McMaster @ Ottawa | Dec. 2
Brock @ Ottawa | Dec. 3
Laurentian @ Ottawa | Jan. 13
Nipissing @ Ottawa | Jan. 14
Carleton @ Ottawa | Jan. 17
Lakehead @ Ottawa | Jan. 20
Guelph @ Ottawa | Jan. 21
Toronto @ Ottawa | Feb. 17
Ryerson @ Ottawa | Feb. 18

*Women's games start at 6 p.m., men's games at 8 p.m.

For tickets, go to geegees.ca

The Gee-Gee's Katherine Lemoine is one to watch. GREG MASON

UNIVERSITY BASKETBALL

Women exceeding expectations

With exhibition play now behind them, Ottawa's two university women's basketball teams can get to work on fighting for a spot in this year's CIS Final 8.

The Carleton Ravens start the regular season ranked No. 2 among Canadian university women's basketball teams, their highest ever starting rank, and will be on the hunt for the OUA East championship and a spot at the CIS nationals.

They're already off to a good start. During the preseason, Carleton beat a number of Top Ten teams, including Laval, McGill, Queen's and the defending national champion Saskatchewan Huskies.

The Ravens have plenty of motivation heading into this year's campaign. The team posted a solid 14-5 record last season, earning a No. 3 seed in the conference postseason, but suffered a disappointing loss to the five-time defending CIS champion Windsor Lancers.

The University of Ottawa Gee-Gees women's basketball program also exceeded expectations last season.

Ottawa finished first overall with a stellar 17-2 record during the regular season, hosting the Critelli Cup Final Four, where they earned a silver medal before moving on to make the team's third appearance since 2012 in the CIS Final 8.

While the team suffered a tough loss to UQAM in their final exhibition game this preseason, the Gee-Gees beat U Sports Top Ten teams Queen's and University of Victoria for a 6-6 record in exhibition play.

— JEN TRAPLIN

WHO TO WATCH

Carleton Ravens
- **Outside threats:** Steph Carr; Cynthia Dupont
- **Scoring threats:** Heather Lindsay; Catherine Traer

Ottawa Gee-Gees
- **Outside threats:** Julia Soriano; Melina Wishart
- **Scoring threats:** Sarah Besselink; Katherine Lemoine

All eyes on dominant Ravens team

Jen Traplin

The U Sports men's basketball regular season tips off this week and all eyes will be on the Carleton Ravens, the most dominant force among Canadian university teams.

No other program has won more championships than the Ravens, who earned their sixth consecutive national title last season — their 12th overall — in a dominant 101-79 win over the University of Calgary Dinos.

On top of their remarkable haul of championship wins, the Carleton University men's basketball program has also opened their campaign ranked #1 in the country in 13 of the last 15 seasons. An impressive nine year run in top spot was snapped last season by cross-town rival Ottawa U but the Ravens are back on top this year, once again ranked #1 among Canadian university teams.

While the Ravens have lost last season's captains — Gavin Resch and Guillaume Payen Boucard — a handful of key players are returning to the 2016-17 roster, including fifth-year players Connor Wood, Kaza Kajami-Keane and Ryan Ejim, who have already proven they are more than capable of leading Carleton to victory.

During the preseason, the Ravens went 6-0 against U Sports competitors and 6-2 against NCAA competition, posting a 12-2 mark in exhibition play overall.

For the 17th straight season, head coach Dave Smart is back on the Ravens' sideline, searching for his 500th career win when the team faces Algoma University in Sault Ste. Marie on Friday in Carleton's opening game of 2016-17 regular season.

TEAMS NOTES

2016-17 Carleton Ravens roster notes
Key Returners: Connor Wood, Kaza Kajami-Keane, Ryan Ejim
Key Departures: Gavin Resch, Guillaume Payen Boucard
Key Recruits/ Transfers: Eddie Ekiyor, Emmanuel Owootoah, Joe Rocca
Who to watch
Outside threat: Connor Wood and Joe Rocca
Scoring threat: Connor Wood and Kaza Kajami-Keane
Rebounder: Ryan Ejim and Mitch Wood
Defender: Ryan Ejim and Mitch Wood
Ball handler: Kaza Kajami-Keane and Marcus Anderson
Ball distributor: Kaza Kajami-Keane and Emmanuel Owootoah

Kaza Kajami-Keane

High hopes for Gee-Gees

After slipping in the national rankings despite a solid showing last season, the Ottawa Gee-Gees men's basketball team is starting the regular season with high expectations for this year's campaign.

Last year, the Gee-Gees were ranked the #1 university men's basketball team in the county. They went on to make their fourth consecutive Wilson Cup appearance, earning the Ontario University Athletics (OUA) bronze medal and a berth in the CIS Final 8, where the University of Ottawa finished sixth.

Entering this year's regular season, the Gee-Gees are ranked fifth among Canadian universities, their lowest national standing since the 2012-13 season. With their sights set squarely on making it to their fifth consecutive Wilson Cup championship, head coach James Derouin says the team is switching things up a bit.

"We've changed our approach this year," Derouin explains. "We're still going to be a shooting team but we're not going to put up ninety points every night. Our lineup now allows us to focus on our defence and grind out some tough wins."

That lineup includes reigning OUA and CIS Defensive Player of the Year, Caleb Agada, who is entering his fifth season, and fellow fifth-year starter Matt Plunkett.

There will also be some key new players on this year's roster. After spending four years with McMaster, Adam Presutti will suit up for the University of Ottawa while Jean Emmanuel Pierre-Charles makes the jump from the cross-town Carleton Ravens to join the Gee-Gees squad.

JEN TRAPLIN

TEAMS NOTES

2016-17 Ottawa Gee-Gees roster notes
Key Returners: Caleb Agada, Brody Maracle, Matt Plunkett, Brandon Robinson
Key Losses: Mike L'Africain, Nathan McCarthy, Vikas Gill, Medhi Tihani
Key Recruits: Adam Presutti, Jean Emmanuel Pierre-Charles, Gage Sabean

Who to watch
Outside threat: Matt Plunkett and Adam Presutti
Scoring threat: Caleb Agada and Jean Emmanuel Pierre-Charles
Rebounder: Caleb Agada and Brody Maracle
Defender: Caleb Agada and Brandon Robinson
Ball handler: Adam Presutti and Caleb Agada
Ball distributor: Adam Presutti and Calvin Epistola

Caleb Agada. CONTRIBUTED

metro SPORTS

The men's ski events are off next week due to warm weather, the first time in 29 years a World Cup downhill at Lake Louise has been cancelled

Sens in battle on and off ice

NHL

Hockey Fights Cancer drive hits home for Ottawa club

While the NHL holds its annual month-long "Hockey Fights Cancer" campaign, the Ottawa Senators are a reminder the fight doesn't stop.

The Senators have been particularly hard hit by the disease. Assistant coach Mark Reeds died last year at 55, former general manager Bryan Murray is fighting terminal colon cancer and public address announcer (Stuntman) Stu Schwartz has battled leukemia. Recently, goaltender Craig Anderson's wife, Nicholle, was diagnosed with cancer.

"It's been a rough few years for us, and a lot of things have happened to a lot of people that we are very close to," captain Erik Karlsson said. "It's one of those things that we've been unfortunate to have to deal with. But I think that the organization — the management, the coaches and all the players — has handled it as good as possible."

The Senators have rallied around goaltender Craig Anderson, who has gone 4-2-1 with a 1.54 goals-against average since returning from a leave to be with his cancer-stricken wife. JONATHAN HAYWARD/THE CANADIAN PRESS

While there's no good way to deal with this, Murray made it a point with his announcement two years ago that even though cancer would end his life, he was determined to save others. Murray, now 73, crusaded for men to get colonoscopies and relayed phone calls he got from several former players who listened to that plea.

Anderson has remained more private about his wife's battle. On the ice, he has been Ottawa's best player since returning from a leave of absence to be with Nicholle, going 4-2-1 with a 1.54 goals-against average and .955 save percentage.

"There was an initial shock. It was emotional for everybody," coach Guy Boucher said. "But to be honest with you, right now it's every day a normal day. He wants to be all about hockey when he comes to the rink, and that's how we leave it."

> **"I think that the organization has handled it as good as possible."**
> Erik Karlsson

The Senators have, for the most part, done a good job of limiting shots on Anderson, a recipe to help him play like the elite starter they believe he is. Defence, not scoring, has to be the hallmark of Ottawa's game.

"We want to make his game a normal game, not a game where he has to every game live with 35 shots and above," Boucher said. "That really wears out a goaltender, and we certainly don't want to have that."

Off the ice, teammates are rallying around the Andersons by going about their daily jobs.

"He's here, his wife wants him to be here," forward Mark Stone said. "We're taking it normal, and we're just trying to play and win hockey games."

THE ASSOCIATED PRESS

CFL

Burris just fine being the underdog

Veteran quarterback Henry Burris knows many people aren't favouring the Ottawa Redblacks to win the Eastern Final this weekend and that's fine with him.

The Redblacks host the Edmonton Eskimos on Sunday afternoon with a trip to next week's Grey Cup on the line. Edmonton is looking to become the first crossover team to advance to the CFL championship game.

"Nobody ever gives us a chance," Burris said Wednesday. "Everybody's talking about what Edmonton did last year and yes they won the Grey Cup, but we've had success against Edmonton this year and we want to do what we can to continue the success that we've had."

The Redblacks are 2-0 against Edmonton this season, but the Eskimos come in having won six of their last seven games.

Ottawa finished first in the East with a mediocre 8-9-1 record while Edmonton was fourth in the West at 10-8. Despite their inconsistent play, the Redblacks are still just one victory away from a Grey Cup appearance.

"We know we have our hands full," Burris said. "This is a challenge we look forward to. Nobody's going to give us any respect, that's just how it's been. All we've done is win two Eastern Division titles and put us in a position to host the Eastern final and be one step away to go to the Grey Cup."

The Redblacks will be rested after a bye week while the Eskimos are coming off a 24-21 win in Hamilton last weekend. However, Ottawa struggled after bye weeks in the regular season, losing by over three touchdowns on both occasions.

Players and coaches remember the losses well and say this last bye week was not your average week off.

"This is a whole different situation," said head coach Rick Campbell. "We've been here working and practising and it's a playoff game to go to the Grey Cup so motivation won't be an issue." THE CANADIAN PRESS

QB ISSUE

Edmonton signed quarterback Thomas DeMarco on Wednesday, prompting questions regarding the health of starter Mike Reilly, who suffered an upper-body injury late in the East Division semifinal.

The Eskimos' Derel Walker fumbles the ball against the Redblacks on Aug. 6 at TD Place. The Redblacks won both games between the two teams this season. JUSTIN TANG/THE CANADIAN PRESS

IN BRIEF

TD Place Arena to host Davis Cup World Group tie

Ottawa will serve as host of Canada's first-round Davis Cup World Group tie against Britain in early February.

Matches will be played on an indoor hardcourt at TD Place Arena, Tennis Canada announced Wednesday.

THE CANADIAN PRESS

Scherzer and Porcello win Cy Young awards

Max Scherzer of the Washington Nationals became the sixth pitcher to win the Cy Young Award in both leagues when he took the National League prize by a wide margin Wednesday.

Rick Porcello of the Boston Red Sox received the American League honour.

THE ASSOCIATED PRESS

Howarth scheduled to have cancerous tumour removed

Longtime Toronto Blue Jays broadcaster Jerry Howarth is being treated for prostate cancer and is scheduled to undergo surgery next week to have a small tumour removed. THE CANADIAN PRESS

Machida banned for doping

Former UFC light heavyweight champion Lyoto Machida has received an 18-month suspension for failing a doping test.

Machida was subsequently pulled from a bout with Dan Henderson.

THE ASSOCIATED PRESS

Stamkos out indefinitely with tear in knee

Tampa Bay Lightning forward Steven Stamkos will be out of the lineup indefinitely due to a right knee injury, the team said Wednesday.

General manager Steve Yzerman said Stamkos suffered a lateral meniscus tear in his right knee in Tuesday night's 4-3 win over the Detroit Red Wings.

THE CANADIAN PRESS

RECIPE One-Pot Tomato and Basil Chicken Pasta

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

This recipe is called having your cake and eating it, too, since you make a satisfyingly yummy meal and then have barely any cleanup.

Ready in 30 minutes
Prep time: 5 minutes
Cook time: 25 minutes
Serves 4

Ingredients
- 1 lb boneless, skinless chicken breast
- Kosher salt and pepper
- 3 Tbsp extra virgin olive oil
- 4 cloves of garlic, minced
- 1x28-ounce can of tomatoes
- 1 1/2 cups low-sodium chicken broth
- 1 cup water
- 2 cups penne pasta
- 1 cup freshly shaved Parmesan cheese, more for garnish
- 1 cup fresh basil leaves

Directions

1. Generously season chicken breast with kosher salt and pepper. Cut into 1-inch pieces.

2. Add olive oil to a large skillet over medium heat. Place the chicken in the pan and brown on all sides. Lower the heat, add garlic and cook for 1 minute.

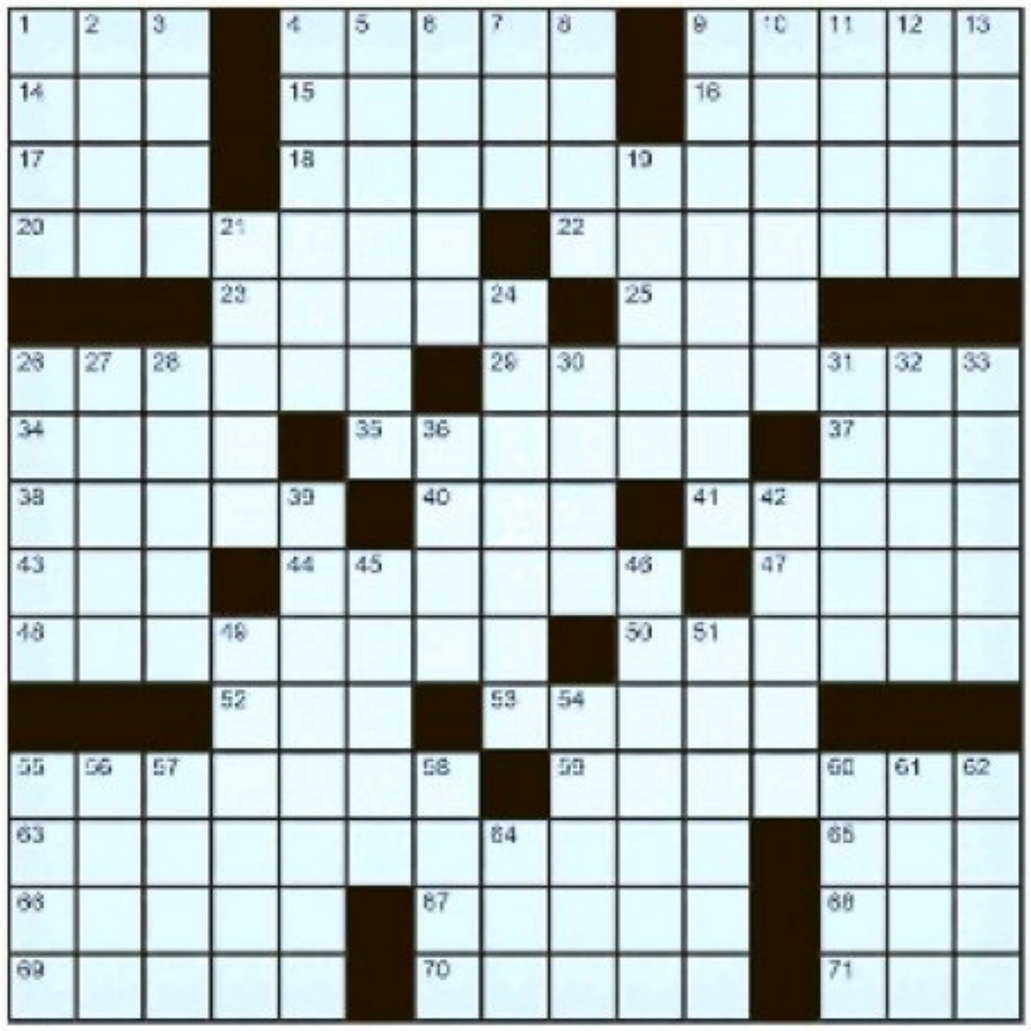
3. Add the tomatoes, chicken broth, water and uncooked pasta to the pan. Bring this mixture to a boil, then reduce heat to low. Cover the pan and cook for about 15 minutes. Remove cover and cook for another 5 minutes, or until liquid is reduced by half.

4. Remove your skillet from the heat and gently stir in the Parmesan cheese. Serve individual portions with a sprinkling of fresh basil leaves and a bit more Parmesan cheese.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Firth of Clyde topper
4. Belarus' capital
9. Awesome party
14. Montrealer's 'soul'
15. Flipping __ (Pregame tradition)
16. City in northern France
17. Baseball's Mr. Dykstra
18. New album by Inuk throat singer Tanya Tagaq
20. Collapse, cookie-style
22. Paid for dinner
23. Aware
25. Ms. Landers
26. Sports game outcomes
29. Vexers
34. 'Scotch' add-on (Stuff sprayed on a sofa, perhaps)
35. Uses a need-this-no-more office paper machine
37. Extinct New Zealand bird
38. Caper
40. Grocery store, e.g.
41. English actress Ms. Blunt
43. __ degree
44. Walks through the 'In' door
47. Extensions
48. Zaniest
50. From longest ago
52. Grand Opry link
53. South Pacific island group
55. Taxi trip: 2 wds.
59. Pass up
63. 'Ski Capital of Newfoundland and Labrador': 2 wds. (More at #4-Down)
65. Clash
66. Stables sound
67. 'Sea' suffix (Carried by the ocean)
68. Philosophy
69. 'Harry Potter' movies director David
70. Turn
71. "Never __ Never Again" (1983)

DOWN
1. Gym bag item
2. 'A' of USA [abbr.]
3. 'Desserts' detailer
4. __ Mountain (Ski resort located in the west coast of Newfoundland town at #63-Across)
5. Like fast food special orders of Pepsi or Coke
6. Attentive type
7. Lady's gent
8. Hand-make a scarf
9. Canadian ten cent piece schooner
10. Tedious listing of things
11. Dismounted
12. Gin flavouring
13. Mind the flock
19. Kraft, Aero or Tide, etc.
21. Weekday day, in Quebec City
24. Objectives
26. Haida Gwaii - British Columbia: Anthony Island village which is a UNESCO World Heritage Site, __ Gwaay Llnagaay
27. Bel __ (Opera singing style)
28. 'Straight'-meaning prefix
30. Close
31. French writer Mr. Zola
32. Breadbasket breads
33. Speak, archaically
36. Chart-topping songs
39. Dancing/singing/fun parties in Ireland
42. Athlete's prize
45. Dependent
46. Songbook standard: "Make __ Happy"
49. Gather grub
51. Binders, jacket, lunch storage spot
54. Love lots
55. "Our House" gr.
56. "I just had __."
...said the hot beverage enjoyer
57. "So __!" (Very well then)
58. Wanes
60. Goo Goo Dolls tune
61. Space mission org.
62. Ms. Rossum of acting
64. Turn to compost

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the most part, this is a feel-good day. However, do not make promises to family members that you can't keep. By evening, power struggles might take place. Just be cool.

Taurus April 21 - May 21
It's easy to overestimate things today, so be careful. People are inclined to exaggerate. Avoid conflict with others in the evening — it will be brief, but nasty.

Gemini May 22 - June 21
Your financial judgment might be a bit hazy today. You might spend too much or give away too much, or overestimate something. Be aware of this.

Cancer June 22 - July 23
Today the Moon is in your sign, at odds with Jupiter, which can make you too casual. You might ignore details. You might feel too lazy to do things.

Leo July 24 - Aug. 23
Because you feel sorry for someone who is less fortunate, you might be unrealistic in how you want to help him or her. Remember: True generosity is giving what is needed.

Virgo Aug. 24 - Sept. 23
When talking to a female friend today, resist the urge to promise more than you can deliver. Don't create a situation where someone else feels let down.

Libra Sept. 24 - Oct. 23
Do not volunteer for anything today, because in your eagerness, you might take on more than you can handle. Respect your own limitations. Be kind to yourself.

Scorpio Oct. 24 - Nov. 22
Travel plans look exciting! However, late in the day, make a point of avoiding controversial subjects like politics, religion and racial issues. You'll be glad you did.

Sagittarius Nov. 23 - Dec. 21
This is not an ideal day to decide how to divide an inheritance or figure out how to share something. Your financial judgment is a bit off. Use caution.

Capricorn Dec. 22 - Jan. 20
Enjoy conversations with others today, because you feel laid-back and easygoing. Nevertheless, avoid conflict this evening, because it will be too intense. Oh yeah.

Aquarius Jan. 21 - Feb. 19
Tackle what is realistic at work today. Be careful about overestimating something or taking on more than you can comfortably handle.

Pisces
Feb. 20 - March 20
You will enjoy sports events and playful activities with children today. However, by evening, be patient with kids and romantic partners in order to avoid conflicts.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	1	5				6	7	
4			8		6			9
3			9					5
7			4					3
	6	3				7	9	
5			7					2
8			6					1
6			3		8			7
	2	9				8	3	

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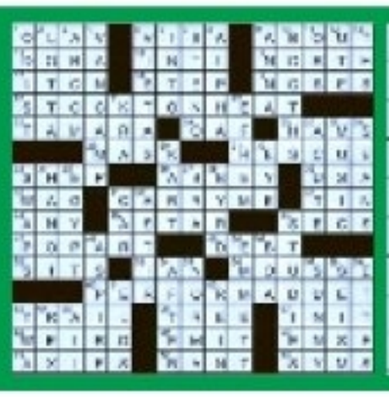

9	5	2	4	7	1	3	6	8
1	6	7	5	3	8	9	4	2
4	8	3	2	6	9	1	7	5
7	1	6	8	5	4	2	3	9
5	4	8	3	9	2	6	1	7
3	2	9	7	1	6	5	8	4
8	9	4	6	2	3	7	5	1
2	3	5	1	4	7	8	9	6
6	7	1	9	8	5	4	2	3

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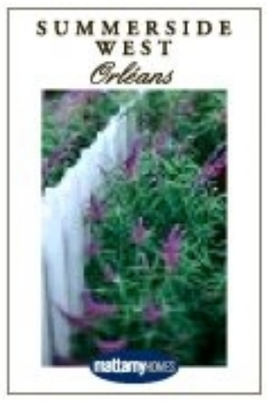

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All illustrations are artist's concept. All dimensions are approximate. Prices, specifications, terms and conditions subject to change without notice. E.&O.E.

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